THE CRAZY WISDOM COMMUNITY JOURNAL 1998

JANUARY THROUGH APRIL 1998 (#8)
(Cover) The Crazy Wisdom Interview with Bronwen Wildflower - On Herbs, Homeopathy, & Spiritual Midwifery
INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 1998 (#9)
(Cover) The Crazy Wisdom Interview Khepa and Acala of Ann Arbor's Crazy Cloud Hermitage On Tantric Buddhism
A Photo Visit with the Yoga Teachers of Inward Bound

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SETPEMBER THROUGH DECEMBER 1999 (#10)
(Cover) Reiki Teacher Suzy Wienckowski and her dog, Ozzie
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Lomi Bodyworkers Tom Kuzma and Alana Galbraith-Kuzma
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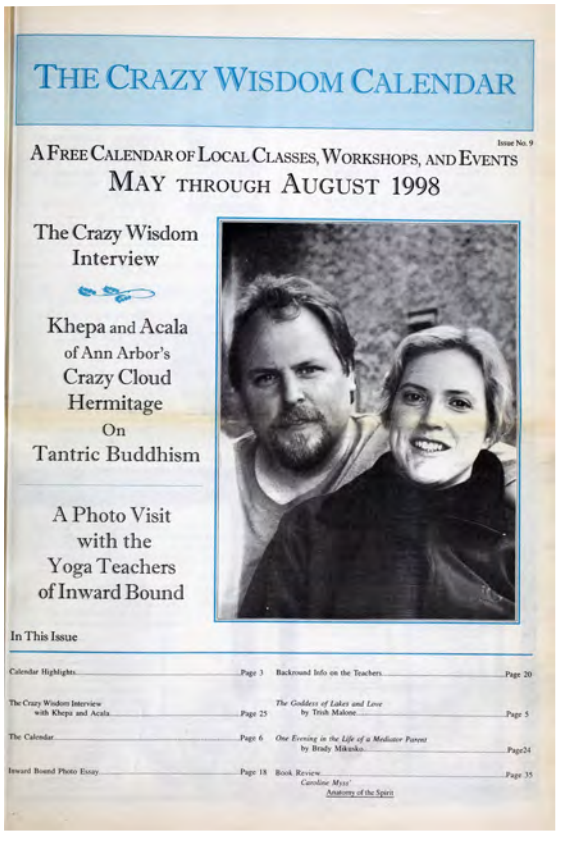
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Crazy Wisdom is Moving!

It is with excitement (coupled with a bittersweet longing for what has already been) that we announce to our customers and readers that Crazy Wisdom Bookstore will be moving during 1998 to a new location. We've purchased a small building at 114 South Main Street, between Huron and Washington, to serve as our new home.

Ruth and I (the owners of Crazy Wisdom) and the staff of the bookstore (Carol, Jon, Avani, Heather, Suzanne, Sarah, Jodi, Frances, Paula, Lori, and Ann) are genuinely sad about the prospect of leaving North Fourth Avenue. We've loved being an integral part of Ann Arbor's 'alternative block' for all the years Crazy Wisdom has been in business.

In June of 1980, two years before Aura Glaser founded Crazy Wisdom Bookstore in the space around the corner from where we currently are, I wrote a story for *The Alchemist of Ann Arbor* called, "Porn Comes To North Fourth". The story was about the community controversy surrounding the opening up of a pornography bookstore in the space that is now Fourth Avenue Birkenstock. Here is a passage from that piece:

"To get to know North Fourth Avenue was to love it. The incense and quietude of de la Ferriere and the Yoga Center; the sense of curiousity engendered by an hour at the Herb and Spice Co-op; the great treats at Wildflour Bakery; the sheer workableness of the food co-op; the not-quite-ripeness of the Produce Co-op, always playing catch-up; the seriousness of purpose of the Women's Crisis Center; the unique, haven-like quality of the women's bookstore; and Wooden Spoon's proprietor, David Deye, in the unlikely role of patron saint, casting a spell of sunny seediness on the block long before it became a local refuge for us, the latter-day pilgrims."

So we were not looking to leave the sunny seediness (not-so-seedy anymore) of North Fourth Avenue, which we've loved so much. Who would want to move even two blocks away from Joe-Joe and Irene of Joe-Joe's Cafe and Juice Bar, or Vicki Honeyman of Vicki's Hair Cuts, or the Jewel Heart Meditation Center, or the Food Co-op. Not us. But we have wanted to own the building that the store is in, and try as we might, we were not able to find the right building for us to buy in our current neighborhood.

So, after five years of being "in the market" for a building on North Fourth Avenue, we jumped when the Mayer-Schairer building became available early this Fall.

If the truth be told, we are now quite pleased and excited about the possibilities of the new store. We will have four times the room in the new location as we have on Fourth Avenue, spread out on two floors. The building is just about as narrow as the current store, only much deeper, and that may help to preserve the sense of warmth and intimacy that we value in our current incarnation.

The extra space will give us room to expand the depth and breadth of our book sections. We already have a fine selection of books in our areas of specialization, and the expansion will give us the opportunity to fill out and round out. We will also have more room for jewelry, music, audios, incense and aromatherapy, stones and crystals, body tools, and hand-crafted objects. You may find a few surprises in the new store, too.

The space will accommodate a meeting room, so that we can sponsor more lectures and book talks. Hopefully, outside groups will be able to use the meeting room space, as well. We're also planning to include a Tea Room in the new space. There is a lot of renovation work to be done on our new building, but we are hoping to move in sometime in the middle of the year.

Our future home, at 114 S. Main Street.

The store has always felt like a special place to the people who work there, and, perhaps, to many of our customers. The store often feels calm and spirited, soothing and alive. (Ionizing at times!) We think of the store as a resource. Please feel free to let us know how we might better serve you in our new location. We'll take your ideas into serious consideration as we continue planning our move. We are mindful of what is delicate and unique about our beloved little store, and we will be bringing the spirit of Crazy Wisdom with us to our new home.

— **Bill Zirinsky**

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for calendar submissions for the May—August issue is Wednesday, March 25, 1998, and the issue will be published and distributed during the third week of April. 3,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photographs by Linda Lawson. Transcribing of interview: Abbie Stahlin. Cover design: Heather Graham. Editorial Assistance: Molly Nuzzo.

The quotes used in the calendar section were mostly found in the following books: A Dancing Star by Eileen Campbell; WomanSpirit Rising by Christ and Plaskow; Singing the Soul Back Home by Caitlin Matthews; The Experience of Philosophy by Kolak and Martin; and The Color Purple by Alice Walker. Most of these books are available at Crazy Wisdom. Special thanks to Abbie Stahlin for her exceptional help with this issue.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Calendar Highlights for January to April 1998

1) **New Year's Day Service** at the Zen Buddhist Temple—Jan. 1
(see Buddhist section)

2) **Aura Glaser on Everyday Spirituality**—January 26
(see description in Spiritual Development section)

3) **ConVocation '98**—February 19-22
(see Conferences, Fairs, and Festivals section)

4) **Candlelight Meditation Concert with Norma Gentile**—March 7
(see description in Music and Sound section)

5) **Dimensions in Light Festival**—March 8
(see Conferences, Fairs, and Festivals section)

6) **Thomas Moore** (author of *Care of the Soul*)—March 20-22
(see listing in Spiritual Development section)

7) **Information Marketplace**—April 25-26
(see description in Feng Shui section and ad on page 2)

Exploring The Energetics of Creativity

By Judy Stone

Today was one of those rare days when I got up and had no agenda. There was nothing that I needed to accomplish, no dates to keep, no expectations for myself. It's hard for me to find days like that. If life doesn't make it's demands pressing, I usually find ways to press on myself. After all, who am I at the end of the day if I can't look back and account for myself in terms of my productive output? Isn't that how we usually measure ourselves, our time? What did I accomplish, who did I see, how much did I earn?

It was a beautiful day, perfect for laying in a hammock with the Sunday paper, my dog sleeping peacefully nearby. I had no attachment to time, as I had no place I had to be. I lazily read through the paper, taking time rarely allowed to ponder bits and pieces of articles I read. My thoughts strayed here and there. The process reminded me of web-surfing, that mesmerizing form of timeless travel in which one jumps from site to site, drawn further down the tunnels of cyberspace led by whatever bit of intriguing information catches the attention. But my afternoon jouney had a very different quality as well. It's what I call the quality of "soft brain".

Getting soft in the head

Soft brain is a state of being where we are not trying to hold on to thoughts or information. It's not meditation exactly; the goal is not an empty mind. It's the state we're in when we're relaxed, perhaps laying on a beach listening to the water wash in and out over the sand, or watching the clouds drift across the sky. It's when we're reading on the couch and we momentarily put the book or paper down as our thoughts wander here and there. It's a state of effortless thought in which there is no concern for wrapping ourselves around an idea, no need to deliberately shape it into something or to even remember it. It might become something all on its own and we may remember it, but ease and the joy of meandering are what characterizes soft brain, not the output.

> Soft Brain is a state of being where we are not trying to hold onto thoughts or information... It is a state of effortless thought.

I call this state soft brain because I know instinctively that something physiological happens in the brain when we enter this state; a softening and an expansion of the brain tissue. Herbert Benson, author of *The Relaxation Response* has studied and measured neurochemical changes in the body that happen when people meditate and go into other forms of relaxed states. This undoubtedly is linked to the changes I perceive, but its not the whole picture. I'm not a scientist and can't empirically prove my assertions and I'm grateful for people like Benson who make that kind of inquiry their life's work.

We don't live in a "soft brained" culture. In fact, the very expression calls to mind someone who is not quite sound in their thinking. I'm sure you're familiar with the disparaging expression, "she's a little soft in the head" to mean someone's thinking is a bit "off". Yet what I really think that expression means is that a person's thinking is not linear, not the left brain, rational, logical, action oriented thinking that we value so much as a culture. Children usually have a soft brain until we train them otherwise. When children are actively in this soft brain state, we often label what comes out of their mouth as nonsense. Or we feel impatient because their meandering pace of living pulls us out of our rapidfire movement from point A to B to C.

Between expansion and contraction lies creativity

As a Bioenergetic therapist, I am accustomed to thinking about human behavior, emotion, thought and physiology all as being linked by the movement or lack thereof, of energy in the body. We are all energetic beings living in and interacting with seas of energy—other people, light, electricity, sound, electromagnetic fields of all kinds. We literally pulsate with life, moving back and forth between an expanded state, as when we take in a breath of air, and a contracted state, as when we deflate in letting the breath release. It is this pulsatory movement which is metaphorically, the "pump" of our energy, much like the heart is the pump for our blood. And like the heart, this pulsatory movement between expansion and contraction is characteristic of all our cells and tissue.

Brain tissue as well as the skull are designed to expand and contract. The skull is composed of bone sections which are knit together to provide the give for this movement. In fact this pulsatory movement can be felt in the form of pulses in the skull and neck which reflect the movement of the cerebral-spinal fluid into and out of the brain. This fluid provides nourishment to the cells of the brain through passageways called ventricles. The brain must expand and contract in order to accomodate and assist this fluid movement, just as the heart pulsates to move the blood.

Biochemical changes in the brain, the flow of cerebral spinal fluid into and out of the brain, reflect the chemical and physical changes that occur when we are more relaxed. These describe one kind of energy that fuels our being. But while these processes maintain the mechanical function of the body, there is another energy, the lifeforce energy, that fuels the spirit, gives rise to creativity and emotion, and essentially adds the color and dimension to our lives. It allows the physiological processes to take place. Qui, Chi, Prana, Great Spirit, Divine Inspiration, Intuition, Psychic Ability, Quantum Energy are all names for this energy which moves endlessly between form and formlessness.

> Creativity cannot be nourished when the brain is contracted and energy is stuck in the head. Inspiration requires that the tissue move between a softer, more diffuse state and a firmer, more shaped state

Don't be a numbskull

Bioenergetic therapists often will use the expression "s/he is stuck in her head". We use the expression to describe a person who is living at that moment more from their ego than from a place in which their heart and mind are actively communicating with each other. In other words, the person is stuck in form and unable to flow back to formlessness. Energetically speaking, the pulsation of energy throughout the body (including the head/brain) is stuck and most of the energy is being held in the head. The head becomes overcharged energetically, the body undercharged. We can speak about the occurence and impact of this holding in terms of both the physical/chemical changes that result and the effect that it has on lifeforce or spirit (and therefore, behavior).

Physiologically there will be diminished flow of cerebral-spinal fluid, depressed respiration, and contractions in the neck, skull and other places possibly including the jaw, eyes, neck and throat. (Other parts of the body will also be affected but my point here is to illustrate the contraction that affects the head and brain.) It's easy to see how health problems can occur when all these physiological changes take place, especially when the contracted state occurs repeatedly or is constant. But less obvious, is

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how this frozenness affects our ability to pursue dreams (or even have them), connnect with our creativity or live life from a place of passion rather than one of duty or obligation.

When a person is stuck in his/her head, actions are informed by thinking but are disconnected from feeling. The energetic pulsation, the constant dance between expansion and contraction that characterizes all life is severely diminished; the person is stuck in a contracted position. We are capable neither of reaching out or taking in. We become disconnected from the stream of life. Thinking becomes dominated by all the "shoulds" we have inherited; the loud voices that drown out intuition, creative inspiration, spontaneous action fired by the heart. When the head and the brain are contracted, our spirit goes unfed. Without this vital (life giving) nourishment, we live life without passion, staying stuck in jobs, careers, or relationships not so much out of choice as from an inability to envision and therefore create anything different. This gives new meaning to the expression "numbskull".

Diet for the Soul

Creativity cannot be nourished when the brain is contracted and energy is stuck in the head. Inspiration requires that the tissue move between a softer, more diffuse state and a firmer, more shaped state. We receive in the softened, expanded state, take action or give back, when the brain and all of muscles become taut, charged and ready for movement. Imagination or image-ing requires that the mind be emptied of its load to make room for new images to come in. It requires a letting go, or a letting down of conscious, ego controlled thought. Dreaming is a soft brain state. It is a time when our ego and our conscious mind is resting and the unconscious is active. Imagination is nothing more than a conscious form of dreaming. Dream time, sleeping or awakened, nourishes us with images, feelings, intuitions and ideas, that give life, work and relationships depth and meaning. It is truly food for the soul.

Allowing oneself to go into the soft brain state is more and more of a challenge in a life that continues to move faster and make more demands on our time. Not doing, taking a break from focussed mental activity, often elicits fear and insecurity. The first line of defense is usually the voice that harrasses us with the beliefs and attitudes we've adopted to keep us going, such as, "I'm lazy," "its a waste of time," "there's too much to do, play comes after work," "so and so will be disappointed if I don't do——" or "I can't afford to take the time." If we make it through that layer, the more authentic self gives rise to statements like, "I might feel something (grief, anger, excitement, fear, etc.)," I might collapse and never get moving again," I might connect with some knowing that would change (i.e. disrupt) my life." Paradoxically though, when we don't give ourself the break, life usually does it for us, often in the form of an illness, accident or other crisis that forces us to stop or slow down.

Feeding our creative self is not just for those who deem themselves artists. Each of us is ultimately the artist creating his/her own life. Each chapter of life is it's own work using different colors, shapes, textures and media. Fortunately, most of us are given the chance to create over and over again: whether we take the opportunity is up to us. Some of the raw materials for our life's creation can be purchased or consumed. But humans are made of ten percent physical matter, ninety percent space and energy. That alone should tell us something about the appropriate composition of a diet. that feeds the whole self. So if your life is feeling a little flat and you don't seem to be able to find the inspiration to create something more to your liking, the problem is probably all in your head!

Judy Stone is a bioenergetic therapist who lives and works in Ann Arbor.

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Acupuncture Point and Meridian Meditation: Keys to Awareness of Self and Surroundings with Alison Lee, M.D. • Wednesdays, 7:00–8:45 p.m. • $40 each session or $200 for all sessions. Call 761–9450 for more information.

Jan. 14: Language of Acupuncture and Meditation
Jan. 21: Muscle Awareness
Jan. 28: Mental Awareness
Feb. 4: Organ Awareness
Feb. 11: Sensory Awareness
Feb. 18: Acupuncture Centers and their Relationship to Self and Surroundings

Self–Acupressure with Wasentha Young • Fridays, Feb. 6 – March 6, 6:00–7:15 p.m. • There are some easy steps that you can use to help relieve stress–related tension. Self–acupressure will enable you to take an active role in your effort to bring body, mind, and spirit into harmonious balance. Using your fingers to gently press the potent acupressure points, you can help relieve many of the tensions due to everyday stress. From head to toe, inside and out, students will gain deeper confidence, connection, and understanding in their own ability to actively respond to the messages of their tensions. $85. Call Peaceful Dragon School of T'ai Chi Chu'an at 741–0695.

Reflexology Class with Gillian Rogers at the Lighthouse Center • Saturdays, 2:00–4:00 p.m. • Basic principles of reflexology with hands–on learning at each session. $150. Call Nirmala Nancy Hanke at 663–2218.

Aromatherapy

How To Age–Proof 35+ Skin Using Aromatherapy with Rose Beres at Ageless Wisdom • Monday, Feb. 9, 7:00–9:00 p.m. • Wrinkles, dry/flaky skin or oily skin? Discover the hidden powers of nature's pure essential oils to revitalize your skin. Learn which oils stimulate cell regeneration at the cellular level for sun–damaged skin and maturing skin, and how to balance combination skin. You will select and take home a blend of pure oils for your unique skin care program. $19. Call Rose Beres at 313–207–5310.

Art and Craft

Create a Medicine Wheel Dream Catcher with Gloria Marshall at Ageless Wisdom • March 21, 6:00–9:00 p.m. • Under the influence of the Budding Trees Moon, we will talk about plant, mineral, and animal symbolism as they relate to this moon; the basics of the Medicine Wheel from two different origins; and the specific type of energy we are experiencing at this time. Using this information and a combination of Native American music and meditation, you will create a personally meaningful and sacred tool to assist in the dreamtime. Material for the dream catcher will be provided. Bring your own special feathers and beads if you'd like to include them. $19. Call Rose Beres at 313–207–5310.

Containers from Natural Materials with Patrick Munson and Andrew Buesser • April 11, 10:00–4:00 • Bowl burning, bark containers, baskets from materials gathered in the wild. $45 adults, $35 ages 12 and under. Call Patrick Munson at 761–6470 or Andrew Buesser at 426–3047.

Create a Fiber Memory Totem with Dawn Koernke • Jan. 17 and Jan. 24 • Using memories and stories, create a fiber figure, a totem of healing and learning, with fabrics, beads, fibers, and other embellishments. Class also available in February and March. $50 per six hour class. Call Dawn Koernke at 248–474–7769.

Astrology

Four Pillars of Destiny with Jennifer Johnson and Lynn Meadows • March 7, 3:30–5:30 • Gain new insights to your life and destiny through this ancient Chinese traditional system of astrology. Through the analysis of your birth date and time, you can achieve greater understanding of the elemental (metal, wood, water, fire, earth) influences in your life and how to support and enhance your life force through the simple use of color, shape, and other energy dynamics. This class is one of three interrelated disciplines being taught that may be taken alone or together: Feng Shui, I Ching, and Four Pillars of Destiny. $35.00 Call Lynn Meadows at 662–3446.

Foundations of Astrology with Richard Smoot and B. Rose Fine through the Lighthouse Center • Thursdays starting Jan. 15, 7:30–9:00 p.m. • A ten–week introductory course in Astrology devoted to its concepts and principles via Taoist philosophy. Class will cover key words for planets, signs, houses, and basic chart delineation. $125. Call Richard Smoot at 484–1897.

Astrological Aspects and Basic Delineation with Richard Smoot and B. Rose Fine through the Lighthouse Center • Tuesdays starting Jan. 13, 7:30–9:00 p.m. • An eight–week course exploring the interpretation of planetary aspects in astrological charts. Course will also focus on developing an organized method to interpret astrology charts. $100. Call Richard Smoot at 484–1897.

Astrological Chart Delineation Practicum with Richard Smoot sponsored by the Astrology Study Group • Sundays, Jan. 25, Feb. 8, Mar. 8, April 5, and April 19, 2:00–4:00 • An opportunity for astrologers of all levels, from novice through advanced, to sharpen their chart interpretation skills. This series of workshops is bound to be lively and humor–filled. $5 per session. Call B. Rose Fine at 434–4555.

Karma, Astrology, and Reincarnation with Darri Low sponsored by the Astrology Study Group • Jan. 10, 10:00–4:00 • The placement of planets in your horoscope holds keys to determining what your life will fulfill. By looking at the aspect relationships, you will more clearly see the progression and unfoldment of your life plan in a holistic way. Determined by date and time, your life circumstances will echo the processes of what you came here to begin, what you are here to carry on, and what you have come here to complete. We will look into your dominant way of processing information, determine which emotions are anchoring your life, and how to go into your past to the trigger events of origin. A guided regression visualization experience and journaling will also be offered. It is recommended that participants have an understanding of basic concepts, principles, and key words of astrology. Bring your own lunch. $50. Call B. Rose Fine at 434–4555.

Astrological Configurations with Richard Smoot sponsored by the Astrology Study Group • Feb. 22, 1:00–4:00 • We will focus on the major configurations of the T–square, Grand Trine, Grand Cross or Square, the Yod, and Stelliums found in the astrological chart. It is recommended that participants have an understanding of basic concepts, principles, and key words of astrology. $30. Call B. Rose Fine at 434–4555.

Horary Astrology with Richard Smoot sponsored by the Astrology Study Group • Mar. 22, 1:00–5:00 • We will explore Horary astrology as it relates to the answering of specific questions. It is recommended that participants have an understanding of basic concepts, principles, and key words of astrology. $50. Call B. Rose Fine at 434–4555.

Introduction to Astrology with Matruka Sherman • Saturdays, Jan. 17–Feb. 14, 11:00–12:30 • An understanding of celestial influences will inspire you to become the creator of your own destiny. The class will emphasize the basics and how to understand the planets, signs, houses, and other factors that make up the natal horoscope. $75 for five weeks. Call Matruka Sherman at 213–7075.

Intermediate/Advanced Astrology with Matruka Sherman • Saturdays, Mar. 14–April 11, 11:00–12:30 • This class is devoted to deepening self–awareness and self–acceptance and learning to make better informed choices. Recognize patterns that impede your growth. This class will be tailored to students' levels of development and interest. $75 for five weeks. Call Matruka Sherman at 213–7075.

> Each player must accept the cards life deals him or her: But once they are in hand, he or she alone must decide how to play the cards in order to win the game.
>
> Voltaire

Bodywork/Bodymind Therapies

Network Chiropractic Care with Dr. Rob Koliner • This series of talks provides an introduction to the practice and philosophy of Network Chiropractic and an explanation of how this network of gentle chiropractic techniques can assist you to release physical, chemical, and emotional stress and achieve optimal health. 8:00 p.m. Cost is free. Call Rob Koliner at 761–5908.

Jan. 12: Initiating a healing process.
Jan. 26: How children benefit from chiropractic care.
Feb. 9: Network Chiropractic's role in your health care plan.
Feb. 23: Health care in the U.S.
Mar. 9: Crafting a wellness model for your health.
Mar. 23: Why medicine is now embracing "alternative" health care.
Apr. 13: The relationship between posture and consciousness.
Apr. 27: Understanding information of the highway of the body.

Bioenergetic Class with Mary Seibert • Eight–week session on Thursdays beginning Jan. 8 or Mar. 12, 9:00–10:00 a.m. • Bioenergetic exercises require no experience. They incorporate gentle stretching with breath and sound to open the body's energy channels. They promote increased breathing and awareness of the mind–body–spirit connection. Wear loose clothing. $50 for eight weeks or $7 for drop–in. Call Mary Seibert at 668–0515.

Introduction to the Trager Approach: Feel Like a Dancing Cloud with Villabeth Taylor • Jan. 28, Feb. 25, Mar. 25, 7:00–8:15 p.m. • Trager is a style of bodywork and movement re–education that is very gentle, yet works deeply into the neuromuscular system. Through a series of gentle movements, Trager can be remarkably effective in helping the body release tension and pain caused by the stress of daily living, injury, illness or poor posture. Cost is free. Call Villabeth Taylor at 995–8866.

Trager Mentastics: Movement as a Way to Agelessness with Villabeth Taylor • Tuesdays, 9:15–10:15 a.m. • Trager Mentastics are gentle, self–care movements designed to help relieve tension and pain, allowing the body to experience a feeling of lightness, softness, and freedom of movement. $5 per class. Prerequisite of one Trager table session. Call Villabeth Taylor at 995–8866.

Trager Mentastics: Movement as a Way to Agelessness with Villabeth Taylor • Wednesdays, Feb. 4, 11, 18 and Mar. 4, 11, 18, 7:00–8:15 p.m. • See above description. $42 for six–week course or $8 drop–in. Minimum one Trager table session during course. Call Villabeth Taylor at 995–8866.

Feldenkrais Method: Cat Stretch I with Nancy Denenberg sponsored by Healing Connections • Mondays, Jan. 19–Feb. 9, 6:30–7:30 p.m. • Feldenkrais is a movement education process that helps you free your body from holding patterns creating tension and pain, and replace them with graceful, unrestricted movement. Because the movements are gentle and usually done while lying and sitting, people of many ages and physical conditions may participate. Class fee includes a Cat Stretch audio tape to guide your home practice. $40 with a $5 discount for enrollment in both Cat Stretch classes and/or for Healing Connections clients. Call Jan at 971–3028.

Feldenkrais Method: Cat Stretch II with Kathe Rogers sponsored by Healing Connections • Mondays, Feb. 23–Mar. 16, 6:30–7:30 p.m. • See description above. Cat Stretch I or II may be taken separately. $40 with a $5 discount for enrollment in both Cat Stretch classes and/or for Healing Connections clients. Call Jan at 971–3028.

Rolfing: A Gentle Approach with Leland Austin and Khita Austin • Jan. 27, 6:30–8:30 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands–on presentation for interested persons who desire the opportunity to experience a gentle Rolfing touch. Questions and discussion welcome. Cost is free. Call Khita Austin or Leland Austin at 741–0038.

Bioenergetics: Getting to the Heart of Life Talk and Demonstration with Judy Stone of Feeding Your Whole Self • Feb. 12, 7:30–9:00 p.m. • Bioenergetic Analysis is a body–oriented psychotherapy that helps us live with more self–awareness, self–possession, and self–expression. In a world that moves much faster than our internal rhythms, Bioenergetics helps us connect with the heart's pace of living and to reckon with our resistance to doing that. Working with chronic tension and holding in the body as well as with emotions and beliefs, it is a very powerful means of leading one to live a more heartfelt, vital existence and of healing disease, intimacy problems, depression, anxiety, and other personal challenges. Talk followed by optional gentle participatory exercise. Wear loose clothing. Cost is free. Call Judy Stone at 994–5549.

Bioenergetic Exercise Group with Judy Stone of Feeding Your Whole Self • Three separate sessions offered Mondays, Jan. 19–Feb. 23, Mar. 2–Apr. 6 or Apr. 20–June 1, 6:15–7:15 p.m. • See description above. $56 per session. Call Judy Stone at 994–5549.

Free Your Body & Enhance Your Day with Alice Greminger • Thursdays, 7:30 p.m. Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free intro class. Class cost is determined by enrollment. $50 for five–hour weekend workshop. Call Alice Greminger at 665–0849.

Craniosacral Therapy with Linda Diane Feldt • Twenty–week (51–hour) program beginning March 4 • This program provides a beginning level ability in Craniosacral Therapy. With emphasis on presence and intuition combined with grounding in experience and knowledge, this is an intensive class for those who have some background in bodywork. Small class size. $350–$500 sliding scale, including one private session. Call Linda Diane Feldt at 662–4902, E-mail: LDFELDT@adeptsys.com.

Polarity Therapy Professional Practitioner Program with the Ann Arbor Center for Holistic Health and Traditional Wisdom • Two–year program beginning in Feb. • First class on learning styles offered Feb. 27 and 28 is free and open to the public • This two–year program qualifies students for Registered Polarity Practitioner status through the American Polarity Therapy Association. It is taught on a modular basis and primarily through a weekend class each month. Students are involved in the design of the program, with emphasis on educational excellence through diversity of learning styles. For full information, applications, schedules, and fees, contact the Ann Arbor Center for Holistic Health and Traditional Wisdom at 662–4902 or http://www.adeptsys.com/Pages/plexorium/plexorium.html.

Canadian Deep Muscle Massage with Pauline Cart • Wednesdays, 7:00–9:00 p.m. • A cross muscle massage gently working into deep muscles will be presented. $30 for workshops. Call Pauline Cart at 971–2981.

Belavi Facelift Massage Seminar with Nina Howard • Feb. 21–23 • This course is a dynamic hands–on training for professional health and skin care practitioners, such as massage therapists, bodyworkers, and estheticians. Call Nina Howard for cost at 747–8517.

Photo by Linda Lawson

Alice Greminger teaches the Alexander Technique. She's also a performer and teacher of cello.

Transformational Breathwork with Linda Sinkule and Kathy Drabik • Jan. 21, Feb. 18, Mar. 18, Apr. 15 • Learn Breathwork exercises developed to realize the healing energies within the consciously directed breath. The utilization of this technique can increase energy levels, assist relaxation, deepen spiritual awareness, and assist the release of stress, anxiety, and repressed emotional energies. $35. Call Kathy Drabik at 665–4252 or Linda Sinkule at 996–2625.

Attunement (Auric Healing) with Norma Gentile • Jan. 11, 2:00–6:00 p.m. • A form of hands–off healing, attunement balances the endocrine gland system in the physical body and supports it in generating the energetic substance which inflates the surrounding aura. It is a means of holding sacred space which may include consciously connecting with guides and nature spirits. Participants will experience the process, learn how to use it for themselves, and be able to share it with others. $45 before Jan. 5; $55 after. Call Norma Gentile at 332–4606.

Massage for Couples with Peter Baker through UM Uncommon Courses • Feb. 14, 9:00–3:30 • Explore massage techniques designed for couples. Due to limited space, enrollment is restricted to five couples. $65. Call 764–7544.

Massage Class with Peter Baker through UM Uncommon Courses • Wednesdays, Feb. 4–Mar. 11, 6:30–8:30 p.m. • Learn massage techniques that enable you to manage stress in the home or office. Discover the methods used to work with tight muscles. Explore methods appropriate to intimacies and sensualness of massage. Bring loose fitting clothing, a pillow, mat or blanket to lie on. $40. Call 764–7544.

Buddhist Teachings and Buddhist Meditation

Guide to the Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Tuesdays beginning Jan. 27, 7:30 p.m. • Gelek Rinpoche continues with teachings as commentary on this text by 8th c. Shantideva. A bodhisattva is one who, having identified the relentless unhappiness we all experience, determines to become enlightened to develop and attain the skill to help relieve all beings of their suffering. Cost is by donation. Call Jewel Heart's calendar machine at 994–6139 or the office at 994–3387.

The Crazy Wisdom Calendar

Lam Rim (Stages of the Path to Enlightenment) at Jewel Heart • Jan. 25, Feb. 22, Mar. 29, Apr. 26, 1:30–3:30 p.m. • Integrating all of Buddha Shakyamuni's teachings into a clear step–by–step path to enlightenment, the Lam Rim provides the opportunity to meditate and practice these teachings relative to one's own life experiences, bringing skill and happiness to cope with daily life. Cost is by donation. Call Jewel Heart's calendar machine at 994–6139 or the office at 994–3387.

Wisdom Magic: An Introduction to Tantra sponsored by the Crazy Cloud Dharma Center • Mondays, dates and time to be announced • This will be a six–week introduction to the ancient path of Vajrayana or Tantric Buddhism. $30. Call Crazy Cloud Dharma Center at 741–1084.

Conjuring Vision with Khepa and Acala of the Crazy Cloud Dharma Center • Jan. 23–25 • This short retreat will be an in–depth look at the powerful methods of awareness spell and envisionment in the Tantric tradition. $75. Call Crazy Cloud Dharma Center at 741–1084.

Wisdom Magic with Khepa and Acala of the Crazy Cloud Dharma Center • Jan. 26–28 • A three–day retreat exploring the unity of form and emptiness, purity and spontaneous presence, through silent sitting meditation. $75. Call Crazy Cloud Dharma Center at 741–1084.

Sunday Services at the Zen Buddhist Temple • Sundays • Morning meditation from 9:30–11:00 a.m. consists of two periods of meditation followed by a talk. Afternoon devotional service from 5:00–6:30 has one period of meditation, chanting, and a talk and question period. All welcome. Cost is by donation. Call the Zen Buddhist Temple at 761–6520.

> No God is without animality, no animal without humanity, no man without a part of divinity.
>
> Alain Danielou

Year End Service "Kindling Light of Wisdom Mind" • A time for contemplation, reconciliation and lighting candles for the peace and happiness of all beings. This is a beautiful and meaningful way to begin New Year's Eve. 7 pm, December 31. All Welcome. Zen Buddhist Temple. Call 761-6520 for more information.

New Year's Day Service at the Zen Buddhist Temple • 10:00 a.m. • A wonderful way to begin the New Year. All welcome. Call the Zen Buddhist Temple at 761–6520.

Buddha's Enlightenment Sitting at the Zen Buddhist Temple • Jan. 9, 8:00 p.m.–4:00 a.m. • Commemorate the night of Buddha's enlightenment with an all–night meditation. Thirty minute periods of meditation. Stay until 10:00 p.m., midnight or 4:00 a.m. Offerings of flowers, fruit, candles or nuts, etc. suggested. All welcome. Call the Zen Buddhist Temple at 761–6520.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Thursdays beginning Jan. 15 or Feb. 26, 6:15–8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120 or $100 for students. All welcome. Call the Zen Buddhist Temple at 761–6520.

Life of the Buddha Study Group at the Zen Buddhist Temple • Three Sundays beginning Feb. 8, 11:30 a.m.–1:00 p.m. • Explore the main events of the Buddha's life and his teachings with Dr. Parang Geri Larkin. Call the Zen Buddhist Temple at 761–6520.

One–Day Retreat at the Zen Buddhist Temple • Feb. 20–21, Friday, 7:00 p.m. to Saturday, 5:00 p.m. or Saturday, 8:00 a.m.–5:00 p.m. • Sitting and walking meditation, vegetarian meals, and rest – a day of silence. $60 or $50 for students. Call the Zen Buddhist Temple at 761–6520.

Spring Meditation Retreat at the Zen Buddhist Temple • April 9–12 • Three–day retreat for experienced meditators. $150 or $120 for members. Call the Zen Buddhist Temple at 761–6520.

Celebrations, Ceremonies, and Rituals

Candlelight Ceremony and Meditation at the Lighthouse Center • Sundays, 6:00–7:00 p.m. • Chanting, mantra meditation, affirmations, and visualization. A beautiful way to start the week. Cost is by donation. Call Nirmala Nancy Hanke at 663–2218 or Prachi Patricia Thiel at 449–4381.

Healing Night at the Lighthouse Center • Third Wednesday every month, 7:00–9:30 p.m. • Reiki healing and water empowerment. All welcome. Cost is by donation. • Call Prachi Patricia Thiel at 449–4381.

Ritual for Imbolc: Lowest Point of Life Energy on the Wheel of the Year with Mateyo Empie • Jan. 31, 6:45–10:00 p.m. • Though we feel the return of the sun's light and warmth, we easily see that the temperature and vital life energy continue to decline as the Wheel turns to the third and last Gateway to the Depths, that of initiation. Our child of promise, well–born at Yule, would now prosper from connection to the wisdom of the Spirit, to help the developing consciousness see beyond the merely physical and perceive with the eyes of the heart. Accordingly, we will undertake a shamanic journey to find a guardian animal and receive the ancient Inkan Rites of the Seer in this energetic and symbolic work reconnecting us with our deep selves, releasing restorative forces that produce immediate and practical changes in our lives. $9–$17 sliding scale. Call Mateyo at 663–5505 or E-mail Snakewillo@aol.com.

Ritual for Eostar: Reweaving Community with Mateyo Empie • Mar. 21, 6:45–10:00 p.m. • The sun shows his face ever longer and more strongly to our youths and maidens of promise, who delight in the first stirrings of Spring, the small touches of Mother Earth's greening, the brilliant blue of sky above us. This time of balance sings of shaking off the isolation and introspection of Winter along with our heavy coats, coming back together into sweet community, adding the enrichments of our individual insights brought back from the silent depths of the dark times. Please join us in this energetic and symbolic working drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. $9–$17 sliding scale. Call Mateyo at 663–5505 or E-mail Snakewillo@aol.com.

Vernal Equinox Ritual with Ester Kennedy and Kathleen Schanz • Mar. 21, 7:00–9:00 • You are invited to a Moment of Awakening as day and night are of equal length and the sun's rays revitalize the hidden and silent seed. Bring a perennial or seed packet for planting. Cost is free but pre-registration is required. Call Weber Center at 517–266–4000.

Feast of Brigid: A Ritual Celebration with Bronwen Wildflower • Feb. 1, 8:00–10:00 p.m. • This celebration on the Eve of Candlemas, the fire festival of Imbolc, is a time to honor the returning light in the Wheel of the Year, and to celebrate Brigid, the Celtic Triple Goddess, who teaches us to shine our light into the world. Come celebrate in community with other women on this Festival of Light. $20 if prepaid one week in advance; $25 after that. Call Bronwen Wildflower at 769–9014.

Girl–Woman May Eve Ritual Celebration with Bronwen Wildflower • Apr. 30, 7:00–9:30 p.m. with option for sleepover until 10:00 a.m. on May 1 • Let us meet together as women to celebrate May Eve and call in the energy of the Girl–Woman that is in each of us, to open our hearts to sisterhood and love for each other, to pause in awe of the mystery of Being Woman as we reclaim the MaidenSelf in ritual and community. $25 if prepaid one week in advance; $30 after that. Sleepover $60. Call Bronwen Wildflower at 769–9014.

Celtic Spirit

A Continuity of Celtic Spirit: Workshop with Loren Cruden • April 25, 10:00–4:00 • Call Upland Hills Ecological Awareness Center for information at 248–693–1021.

Celtic Spirituality: The Music of What Happens with Esther Kennedy and Sue Schreiber • Jan. 30 at 7:30 p.m. through Jan. 31 at 8:30 p.m; Brigid's Fest, January 31, 7-8 pm • The Celtic Vision offers light and guidance to those intent upon soul-making, prayer, and right relationship. We will explore aspects of the Celtic Vision and see how prayer for these ancient and Christian Celts grew out of life itself and all its demands. A most natural way to the Divine. $40 for weekend. $5 for ritual only. Call Weber Center at 517–266–4000.

> All birth ends in death.
> All creation ends in dissolution.
> All accumulation ends in dispersion.
> All that appears real is transitory
> ...Come,
> Drink the elixir of fearlessness!
>
> Nagarjuna

Channeling

Open House Channeling Sessions with Aaron at the Deep Spring Center • Most Wednesday evenings • Aaron is a "being of light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky whose home is in Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Cost is by donation. Call the Deep Spring Center at 971–3455.

Simply Seth: John Friedlander Channeling Seth • Jan. 9, Feb. 20, Mar. 13, Apr. 10, 7:30–9:30 p.m. • An open invitation to hear Seth channeled on topics of general interest. These talks will be open to all including those with no prior experience. $10 each session. Call Practical Psychic Center of Ann Arbor at 996–5501.

Spirit Message Circle with Nancy Crisp • Jan. 17, 10:00 a.m.–Noon and Feb. 16, 7:00–9:00 p.m. • Nancy Crisp will channel a message directly from Spirit for each person. Each message is personal and yet touches everyone in the group. As participants often say, "I feel like each message is for me, even though Nancy is focused on someone else." Being with the energy of Spirit is profound and healing. $25. Call Nancy Crisp at 429–3518.

Meet Your Spirit Guides Workshop with Nancy Crisp • Mar. 14, 9:00 a.m.–Noon • We have many unseen friends helping us along our growth path. Nancy will introduce you to one or more of your personal guides. She will help you get to know them by describing them and how they work with you. She will channel messages directly from them. These connections with Spirit often move people to tears of joy. $40. Call Nancy Crisp at 429–3518.

Photo by Angela Lawson

Mary Tillinghast has been the Manager of Castle Remedies for 14 years. Castle Remedies is the principal source for homeopathic remedies in the Ann Arbor area.

Childbirth Preparation

Certified Labor Assistant Weekend Training Seminar with the Association of Labor Assistants and Childbirth Educators (ALACE) • Jan. 30–Feb. 1 • Become a professional Labor Assistant. You will learn to provide highly effective labor support for your clients by utilizing techniques that can reduce the mother's discomfort, promote faster and safer deliveries, and reduce the need for medication and unnecessary medical interventions. The course will prepare you to set up a service and teach you how to communicate effectively with parents and medical professionals as part of a birthing team. You may opt to earn certification with this training. $385. Call Sandra Stuchell at 930–2684 or 996–0787.

Childbirth Preparation Classes with Patty Brennan • Thursdays, Jan. 15–Feb. 19 or Mar. 26–Apr. 30, 7:00–9:15 p.m. • Mondays, Feb. 16–Mar. 23 or Apr. 20–June 1, 7:00–9:15 p.m. • Share in a midwife's experience with normal birth. Six–week series prepares woman and her partner for birth in a variety of settings. Emphasis is placed on developing confidence in your body's natural abilities, labor support techniques, alternatives to drugs, and cesarean prevention. Couples are encouraged to make informed choices regarding medical care. $150 per couple. Call Patty Brennan at 663–1523.

Homeopathic and Herbal Remedies for Lactation and Infant Care with Patty Brennan • Mar. 21, 9:00 a.m.–Noon • Come and learn about natural treatments for postpartum concerns of both mom and baby. Topics include breast infections, milk supply concerns, sore nipples, blocked tear ducts, newborn jaundice, colic, thrush, teething difficulties, healing birth traumas, and postpartum depression. Workshop suitable for professionals who work with pregnant women as well as new moms. $30. Call Patty Brennan at 663–1523.

Early Bird Childbirth Class with Isabelle Yingling and Thais Rousseau • Jan. 5, Feb. 2, Mar. 2, Apr. 6, 7:00–9:00 p.m. • Class includes brief introduction to the Bradley Method of Natural Childbirth; a special topic (lay midwifery, La Leche League, infant massage, support groups); a birth story with mom, dad, and baby; and refreshments. Cost is free. Call Isabelle Yingling at 475–0022 or 426-2151.

Bradley Method of Childbirth Classes with Isabelle Yingling • Mondays, Jan. 19–Mar. 23, 7:00–9:30 p.m. • Thorough preparation including maintaining excellent nutrition, physiology of labor, and relaxation for the end goal of natural childbirth for the joy of it. $175 for eight sessions. Call Isabelle Yingling at 475–0022.

> There are two things a person must do for himself or herself: find a teacher and choose a friend.
>
> -The Talmud

Conferences, Fairs, and Festivals

ConVocation '98: Supporting Our Community, Sustaining our Earth with the Magical Education Council of Ann Arbor • Feb. 19–22 • A gathering of open–minded people from esoteric and mystical traditions, learning and celebrating together. More than 75 workshops, an art show, concerts, kid's programs, merchants, rituals, and more. Workshops, rituals, and other festivities include Urban Pagan with Trish Telesco, Learning About Gems and Stones with Ivory Cat, Triple Goddess in Native American Experience with Even Pritchard, Connections to the Past with Tamarra James, Coptic Service with Lee Cole, Making Peace with Tobacco Spirits with Bekki Shining Bearheart and Crow Swimsway, Sacred Theater with Ken Deigh, Ritual Chants and Sing–Along with Inanna, and Amulet Making with Krik McLaren. $45 in advance for full weekend or $55 at the door. $20 in advance for a single day or $25 at the door. The Convocation is being held at the Plaza hotel in Southfield. Call Michael or Kami at 761–1137 or E-mail convocat@cyberspace.org.

Dimensions in Light Festival sponsored by the Lighthouse Center • Mar. 8, 11:00–7:00 • The second largest psychic fair in Michigan features vendors, bodyworkers, ear coning, astrology, aura photography, readers, health products, children's activities, and free lectures. $5 admission. This festival will be held at the Morris Lawrence building at Washtenaw Community College. Call Nirmala Nancy Hanke at 663–2218.

Death and Dying

Working with Terminal Illness and Life–Threatening Disease with Linda Diane Feldt • April 18, 10:00–4:00 • Death, whether threatened or impending, changes the healing relationship in extraordinary ways. This is a topic worth our time to learn about, and to gain confidence in addressing. This workshop addresses some of the special concerns for client and practitioner, resources available, and the energetic aspects of life–threatening illness and death. Through video, poetry, and other means, we will learn about how others have dealt with their encounters with disease and life–threatening illness. Intended for practitioners who find themselves with clients who are experiencing life–threatening illness, it may be appropriate for others as well. This workshop was originally developed for the American Polarity Therapy Association National Conferences. Sliding scale $50-$75. Potluck lunch. Call Linda Diane Feldt at 662–4902, E-mail LDFELDT@adeptsys.com.

Death Is Not Your Enemy with Lorna Brown • April 6, 7:00–9:30 p.m. • An introductory exploration of ancient and modern concepts regarding death and dying, and the integration of death into our life experience. We will look at personal issues around fear and avoidance, experience guidance through the dying process, and seek to embrace it as a part of life. $20. Call Lorna Brown at 313–428–8748.

Dream Work

Dream Work for Older Adults (65 and older) with Mary Ann Kuszelewicz • Wednesdays, Jan. 14–Feb. 18, 6:00–8:00 p.m. • Hands–on learning of how to use your dreams for life review and conflict resolution. $60. Call Mary Ann Kuszelewicz at 712–2804.

Dream Interpretation with Rebecca Mullen through UM Uncommon Courses • Tuesdays, Feb. 3–Mar. 17, 6:30–8:30 p.m. • Dreams come to us for the purpose of healing. The process of exploring dreams usually awakens a personal dialogue with the self and leads to discovery. Students will be encouraged to share their dreams and investigate their symbolic meaning, both personal and collective. Instructor's orientation is Jungian and transpersonal. $40. Call Carmen Harrison at 764–7544.

Dreams and Their Healing Power with Rebecca Mullen • Sundays or Mondays, 7:00–9:30 p.m. • Dreams come to us to balance and compensate our conscious awareness. People will be encouraged to share their dreams and penetrate their symbolic meanings. $5–$10 sliding scale. Call Rebecca Mullen at 662–5925.

Retreat of Your Dreams with James Uhl • Feb. 27 at 7:30 p.m. through Mar. 1 at 1:00 p.m. • The focus of this retreat/seminar is to provide the tools and techniques for interpreting and understanding dreams. It is designed to demonstrate how understanding of one's dreams can enhance spirituality and promote personal growth and greater self-awareness. The retreat is presented in an experiential format and you will work with your own dreams. $100. Call Weber Center at 517–266–4000.

The Crazy Wisdom Calendar

Photo by Linda Lawson

Barbara Boyk is a clinical psychologist. She is also affiliated with ALEPH: The Alliance for Jewish Renewal.

Feng Shui

Feng Shui Basics with Jennifer Johnson and Lynn Meadows • Mar. 7, 10:00 a.m.–Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi, and Tao). Based on self–identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. This class is one of three interrelated disciplines being taught that may be taken alone or together: Feng Shui, I Ching, and Four Pillars of Destiny. $35. Call Lynn Meadows at 662–3446.

Information Marketplace through the Feng Shui Institute of America • April 25 and 26 • A weekend event to give the public an opportunity to increase their knowledge about many related topics. Discuss how Feng Shui can help improve relationahips, increase personal prosperity, and help a child augment self-esteem. Choose from an array of classes each day and browse through displays of environmentally friendly products. Nominal entry fee to marketplace. For more information call 888-780-7685 or 561-589-9900.

Herbs

Herbal Wisdom at the People's Food Co–op with Linda Diane Feldt • Feb. 10: Herbal Allies for Childbearing and Menopause. Mar. 3: Herbology and Cancer: Combining the best of conventional and traditional wisdom. April 7: Myth of Cleansing: How to use plants for nourishment and health building. • 7:30–9:30 p.m. • Cost is free, but pre–registration is requested. Call Linda Diane Feldt at 662–4902 or E-mail LDFELDT@adeptsys.com.

Herbal Health and Wellness Hour with Barbara Reid • Jan. 15, Feb. 19, Mar. 19, Apr. 16, 7:00–8:30 p.m. • Learn how to be your own health coach. Discover how to have better health and more energy. Learn the root cause of 90% of today's diseases. Cost is free. Call Barbara Reid at 994–7094.

Plant Magic: Teatimes with Bronwen Wildflower • Jan. 26, Feb. 23, Mar. 30, Apr. 27 • Each Teatime features the gifts of one part of the plant body – leaves in January, stems and bark in February, fruits in March, roots in April – as nourishing teas and healing foods. Experience how you can incorporate the healing magic of plants and the powerful ritual of making tea in your life for the fun of it – and to nourish body, mind, and soul. $20 if prepaid one week in advance; $25 after that. Call Bronwen Wildflower at 769–9014.

Wild Gardening with Bronwen Wildflower • Feb. 16, 7:00–9:30 p.m. • This workshop introduces the concept of wild gardening, of creating wild space within our lives as a place to interact with the nature spirits and heal our relationship to nature. It also introduces the language of plants and how we can "read" the messages of our wild spaces. Each participant chooses her own space in which to create her wild garden. $25 if prepaid one week in advance; $30 after that. Call Bronwen Wildflower at 769–9014.

Wild Gardening Playtime with Bronwen Wildflower • Apr. 26, 1:00–4:00 • Wild Gardening is about learning to be careful observers of what is, and to allow for communication between ourselves and nature. It involves becoming intimate with the plants that choose to grow in our Wild Gardens, and becoming more aware of the wisdom of their beings. This playtime is an opportunity to be immersed in the playful energy of the nature spirits in my Wild Garden, and learn about the Wild Garden in early Spring. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Holistic Health

Natural Health Series Using Herbs and Foods with Cindy Klement • Wednesdays, 7:30–8:30 p.m. and Thursdays, 7:00–8:00 p.m. • $10 per session. Call Cindy Klement at 975–2444, extension 1.

Jan. 8:	Digestive System
Jan. 15:	Intestinal System
Jan. 22:	Nervous System
Jan. 29:	Glandular System
Feb. 5:	Immune System
Feb. 12:	Blood and Circulatory System
Feb. 19:	Respiratory System
Feb. 26:	Urinary System
Mar. 5:	Reproductive System
Mar. 12:	Structural System
Mar. 18–April 1:	Alternative Medicine Cabinet
Mar. 19:	Hair, Skin, Nails, and Teeth
Mar. 26:	Fasting and Cleansing Programs
Apr. 2:	Weight Management
Apr. 8:	Making Herbal Preparations
Apr. 9:	Children's Health
Apr. 22 and 29:	Muscle Testing
Apr. 23 and 30:	Chinese and Ayurvedic Herbology

When Should You Say No to Surgery? with Kevin Lee through Barefoot Doctors • April 24, 8:00–9:30 p.m. • Using examples from his own experience as a neurosurgeon, Dr. Lee will tell you what questions to ask and what answers to look for when deciding if recommended surgery is right for you. $40. Call Kevin Lee at 761–9450.

Self–Healing through Chakra Awareness with Alan Knight • Tuesdays, Feb. 24–Apr. 28, 7:00–8:30 p.m. • In this class, we will work under our own intuitive guidance toward healing. The chakra system provides a structure of insight beyond and with the physical body whereby we may adjust our energy at will for greater balance and wholeness. Self–healing projects. $100 plus text and materials. Call Alan Knight at 994–9301.

Natural Approaches to Cold and Flu Prevention and Treatment with Kathy Mullins through Barefoot Doctors• Jan. 28, 2:30–4:00 p.m. • Differentiating colds from flu, building your immunity to colds and flu, and management of symptoms. $25. Call Kathy Mullins at 761–9450.

Talking to Your Doctor about Alternative Medicine with Alison Lee through Barefoot Doctors • Mar. 11, 7:00–8:30 p.m. • Dr. Lee will discuss if all medicine is alternative medicine, when to consider alternative modalities, and working effectively with your doctor and other sources of healthcare. $40. Call Alison Lee at 761–9450.

> Healing is remembering what has been forgotten about connection and unity and interdependence among all things living and non-living.
>
> Jeanne Achterberg

Vaccinations: Concerns and Alternatives with Patty Brennan • Mar. 28, 9:00 a.m.–Noon • Class presents a consumer approach to childhood diseases and available vaccines. Topics include vaccine effectiveness, known risks of the illness vs. vaccine risks, and suspected adverse effects on the immune system. Emphasis is placed on the prevention and treatment of bad vaccine reactions, your legal right to waive vaccines for your children, and homeopathic alternatives to vaccines. $30. Call Patty Brennan at 663–1523.

Healing Images with Karin Hoppe McDermott • Mar. 21 at Womenfest '98, afternoon session • The mind can be an active partner in attaining and maintaining physical and emotional health and visualization can be its tool. Join me as I share many of the healing images I use in my practice to help folks heal themselves. $25 for Womenfest '98: Eleventh Annual Day For and About Women if you register by Mar. 21. Call Jean Garratt at 517–546–7918 or 517–548–2100.

Tired of Being Tired? with Judy Stone of Feeding Your Whole Self • April 9, 7:30–9:30 p.m. • Do you suffer from fatigue or have less energy than you'd like? Fatigue has many origins including lack of enough quality sleep, depression, diet, stress, food allergies, endocrine system problems, chemical sensitivities, and just simply trying to move through life too quickly. If lack of energy is a problem for you, this workshop will help you understand the possible causes and give you ways of assessing your own situation. You will learn self–help strategies for improving energy. This workshop is not a substitute for professional health care; it is intended to support you in becoming more active in promoting your own wellness. $10 in advance or $15 at the door. Call Judy Stone at 994–5549.

Working with Depression Naturally with Judy Stone of Feeding Your Whole Self • Feb. 18, 7:30–9:30 p.m. • St. John's Wort is getting a lot of press as a "natural prozac." It is one of many alternatives to anti–depressant medication. Whether you take anti–depressant medication, are considering it or are looking for non–pharmaceutical options for treating this common problem, this workshop will have valuable information for you. We will discuss both the biochemical and energetic causes of depression and the many alternatives or adjuncts to drugs that can effectively help you move out of depression. These include nutrition, movement, light therapy, body–oriented psychotherapy, herbs, flower essences, and supplements. Learn what these alternatives are, why they work, guidelines for safe use, and how to locate resources. Includes resource materials. $10 in advance or $15 at the door. Call Judy Stone at 994–5549.

The Body as a Wisdom System with Bronwen Wildflower • Feb. 22, 10:00–4:00 • There is an enormous power in our bodies that we can access once we lift the limitations on our understandings of our bodies that have been perpetuated by the scientific model of the body and other cultural spellcasting. The body is a language system, a representation in form of a powerful symbolic language – the language of Life, the language of destiny, and the language of our souls. Come learn about the "common" language of the body and extend that to the particular and unique language system of your own particular and unique body. $60 if prepaid one week in advance; $70 after that. Call Bronwen Wildflower at 769–9014.

Flower Essences: Gifts of Spirit to Heal the Body-Mind with Bronwen Wildflower • Jan. 17, Feb. 13 or Apr. 14 at 7:00–9:30 p.m. • Flower essences hold the healing energy found within the petals of flowers. Each flower essence holds a different healing resonance and can be used to restore balance in our lives, and to heal emotional or soul woundings. This workshop introduces flower essences and how to use them to support your path to healing and wholeness. $25 if prepaid one week in advance; $30 after that. Call Bronwen Wildflower at 769–9014.

Working with Flower Essences: An Intensive with Bronwen Wildflower • Feb. 14, 10:00–4:00 • This intensive presents different ways to engage the mystery of flower essences as agents for healing ourselves and our world. You will practice dowsing and kinesiology, and how to use flower essences to map the inner landscape of the body-mind-spirit. Many different techniques, such as peeling and symptomatic analysis for chronic illness will be explained. $60 if prepaid one week in advance; $70 after that. Call Bronwen Wildflower at 769–9014.

Flower Essences Study Sessions with Bronwen Wildflower • Feb. 27 or Apr. 1, 7:00–9:00 p.m. • These study sessions are for individuals who are using flower essences to support their own healing and have questions, or who feel stuck and would like support and input on their process. $20 if prepaid one week in advance; $25 after that. Call Bronwen Wildflower at 769–9014.

Homeopathic Study Session with Bronwen Wildflower • Feb. 7, 1:00–3:00 p.m. • This session offers the opportunity for individuals working with homeopathic remedies as a tool of spiritual healing for themselves and their families to bring their questions and concerns for discussion and input. $20 if prepaid one week in advance; $25 after that. Call Bronwen Wildflower at 769–9014.

Infant Massage

Infant Massage with Audrey Simon • Wednesdays, 10:30 a.m., classes start monthly • Four–week class to learn the benefits and method of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil, and handouts. Call Audrey Simon at 741–9706.

Jewish Spirituality

Darchei T'filah – Pathways of Prayer – Prayer Group with Barbara Boyk • Feb. 8, Feb. 2, Mar. 8, Mar. 22, Apr. 5, Apr. 26, 10:00 a.m.–Noon • Monthly sessions of song, chant, gentle movement, and meditation are designed to enhance personal connection to Spirit through Prayer. The group provides opportunities for exploring the physical, emotional, intellectual, and spiritual dimensions as pathways of prayer and expression. Teachings on the spiritual aspects of three holidays: Tu B'Shvat, Purim, and Passover will also be shared. Members of all faiths welcome. $200. Call Barbara Boyk at 994–5032.

Darchei T'Filah – Pathways of Prayer – Creating Personal Ceremony with Barbara Boyk • Feb.4 - March 11, 7 - 8:30 pm. This group will focus on how to effectively combine spiritual practices with emotional insights, intellectual understandings, and physical grounding to create personal changes consciously. Each person will be invited to identify one or more aspects of her or his current life in which support, healing or change is desired. Teachings and experiential exercises will be offered to help participants design and conduct ritual and ceremony. Members of all faiths welcome. $200. Call Barbara Boyk at 994–5032.

Jung/Archetypal Psychology

The Spirit of Stories: On–going Archetypal Psychology Workshop Series with June Katzen • Six Sundays, 1:00–4:30 p.m. • $36 each class. Call June Katzen at 248–548–7529.

A woman learns to be a wise woman by living her life with attention. When she accepts the cloak of her holiness, deeply compassionate for her own wholenes and chaos, and loves herself, she knows herself as a wisewoman. Each month's stay in the menstrual hut adds to her power and wisdom. At menopause, she becomes the crone, ancient wise one, keeper of the visions. She is wicce, bender and shaper of stories and realities, keeper of wisdom; she is witch. A witch is a woman of power.

Susun S. Weed
—*Healing Wise*

Homeopathy

Introduction to Homeopathy with Patty Brennan • Wednesdays, Feb. 4–25, 7:00–9:00 p.m. or Saturdays, Mar. 7 & 14, 9:00 a.m.–Noon • Discover what homeopathy can do for you and your family. The components of classical homeopathy will be explained. Practical concerns such as the basics of casetaking and selection of the remedy will be the main focus of the class. Emphasis is placed on enabling the lay person to treat common acute problems and first–aid crises at home. Suggestions for specific health problems include remedies for fever, ear infection, colds and flu, sore throat, and more. $50. Call Patty Brennan at 663–1523.

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast • This workshop covers the most frequently asked questions about homeopathy, including its theories, principles, and practical applications. The major focus of the class will be on how to use the remedies contained in the Castle Remedies home care kit. $45. Call Castle Remedies at 973–8990.

Section A:	Jan. 9, 1:30–5:30 p.m.
Section B:	Jan. 14 & 21, 7:30–9:30 p.m.
Section C:	Feb. 6, 1:30–5:30 p.m.
Section D:	Feb. 15 & 22, 7:30–9:30 p.m.
Section E:	Mar. 1 & 8, 7:30–9:30 p.m.
Section F:	Mar. 18 & 25, 7:30–9:30 p.m.
Section G:	Apr. 10, 1:30–5:30 p.m.
Section H:	Apr. 21 & 28, 7:30–9:30 p.m.

Using Homeopathic Remedies as a Spiritual Discipline with Bronwen Wildflower • Apr. 13, 20, and 27, 1:00–3:00 • Homeopathy is a body-mind healing modality that helps us learn to see our bodies as energy and information and not just as matter. It is a wonderful discipline to practice to hone our skills of observation and to loosen our "materialistic" view of the body. This class presents the foundations of homeopathy using the framework of spiritual healing and introduces the philosophy of upward causation and the use of guidance. $60 if prepaid one week in advance; $70 after that. Call Bronwen Wildflower at 769–9014.

Jan. 18: Within the Dreaming Universe • A workshop exploring the mystery of dreaming the self into being.
Feb. 1: Meeting Your Shadow • A workshop on the shadow archetype. Participants learn to recover the hidden and disowned aspects of themselves.
Feb. 8: Embracing Your Shadow • The second workshop on the shadow archetype. Participants learn how to reclaim their wholeness by integrating disowned potentials.
Mar. 1: The Predator Within • A workshop on the predator archetype. Participants learn to recognize the malignant forces within the psyche and how to protect the self from its devastations.
Mar. 29: Intuitive Knowing: Developing Deep Vision • Participants learn to develop their intuition through awareness and practice, and how to look deeply to see beyond surface appearances.
Apr. 19: Awakening the Sensual Self • In this experiential workshop, learn to amplify your experience of the pleasure and beauty inherent in life.

Kids & Young Adults

Mothers and Daughters: Believing Mirrors with Jill Blixt • Jan. 17 and Apr. 18, 12:00–5:00 • There is so much we can offer to our world as women, but all too often, we get caught up in negative self talk and beliefs that we are never enough. This workshop is designed for mothers and their adolescent daughters. It will help them become "believing mirrors" for each other. Activities include writing, movement, doll–making, and creating a dream book. $30 per person or $45 per mother/daughter pair. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

Meditation Class for Beginners (Teenagers and Adults) with Ema Stefanova • Saturdays, 8:30 a.m. • See description under Meditation.

Yoga for Teenagers and Adults with Ema Stefanova • Sundays, 5:00 p.m. • See description under Yoga.

Yoga Retreats for Children and Adults with Ema Stefanova • Weekends, January through April • See description under Yoga.

The Crazy Wisdom Calendar

Yoga for Kids and Parents with Ema Stefanova • Mondays, 5:30–6:30 p.m. • See description under Yoga.

Reiki for Children Ages 3 – 12 with Suzy Wienckowski • Mar. 29, 10:00–11:30 a.m. • See description under Reiki. $25. Call Suzy Wienckowski at 668–8071.

Meditation

Sitting, Walking, Standing Meditation with Wasentha Young • Jan. 17, 1:30–3:30 p.m. • There are many forms of meditation practiced all over the world. This class will focus on basic Buddhist and Taoist meditation techniques: sitting, standing, walking, pondering, visualization, and guided meditation. All visualizations and guided meditations will be in–body experiences. Meditation techniques can act as a vehicle, offering an opportunity for the practitioner to see the true nature of their being and the nature of their thoughts and how they may reflect in the body. $30. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Introductory Meditation Lecture with Chetana Catherine Florida at the Lighthouse Center • Jan. 30, Feb. 27, Mar. 27, Apr. 24, 7:00–10:00 p.m. • Introduction to mantra meditation including empowerment of the mantra. $50. Call Nirmala Nancy Hanke at 663–2218 or Prachi Patricia Thiel at 449–4381.

Intensive Meditation at the Lighthouse Center • 1st and 3rd Fridays of the month, 7:00–10:00 p.m. • Mantra meditation through the seven chakras. Mantra meditators welcome. Cost is by donation. Call Prachi Patricia Thiel at 449–4381.

Mastering Meditation with Dr. Kapila Castoldi of the Sri Chinmoy Centre of Ann Arbor • Jan. 12, 19, 26, Feb. 9, 16, 23 at 7:30–9:30 p.m.; Mar. 15, 22, 29 at 3:00–5:00 p.m.; Apr. 23, 30, May 7 at 7:30–9:30 p.m. • An introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self–improvement. Inspirational evenings on Sunday are also offered. Cost is free. Call Sri Chinmoy Centre at 994–7114.

Bhakti Yoga with Justin Carpenter of the University of Michigan Bhakti Yoga Society • Wednesdays, 5:00–7:00 p.m. • We will be practicing maha–mantra meditation and spiritual singing. A discussion regarding consciousness raising, reincarnation and karma, and understanding the difference between soul and body will follow. A vegetarian dinner will be served. Cost is free. Call Justin Carpenter at 996–0787.

> People think pleasing God is all God cares about. But any fool living in the world can see it always trying to please us back.
>
> Alice Walker
> —*The Color Purple*

Meditation in the Kriya Yoga Tradition • 2nd and 4th Thursday of each month, 7:30–8:15 p.m. • We teach preliminary meditation techniques in the Kriya Yoga tradition, such as mantra meditation, inner sound and light technique, and shushumna breathing. We meet for silent meditation sessions of 45 minutes. All are welcome. Cost is free. Call Rudy or Natalie Aguirre at 572–9390.

Meditation Class for Beginners (Teenagers and Adults) with Ema Stefanova • Saturdays, 8:30 a.m. • Meditation on the breath, Kriya Yoga techniques, meditation on sound and light, and inner silence meditation. Call Ema Stefanova for cost at 665–7801.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Mar. 6 at 7:00 p.m. to Mar. 7 at 4:00 p.m. • Learn meditation in a retreat setting. Cost is $140 or $120 for members. Call Zen Buddhist Temple at 761–6520.

Insight (Vipassana) Meditation with the Deep Spring Center for Meditation and Spiritual Inquiry • Insight meditation is a simple and direct practice involving the moment to moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection, and to experience sensations, emotions, thoughts, and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self–centeredness and negativity, opening our heart to deeper wisdom and compassion. The meditation derives from Buddhist teaching but no special religious beliefs are necessary to its practice and no forms or rituals are taught. For complete information, call Deep Spring Center at 971–3455.

Introduction to Insight Meditation with Cassie Cammann, Carl Christoff or David Coupland • Call for dates and times • This class offers the basic instructions for insight meditation. $20.

One Day Meditation Retreat • Jan. 31, 9:30–5:00 • Suitable for beginning or experienced meditators. Includes instruction in sitting and walking meditation, silent practice, and discussion. The day, including the lunch break, will be held in silence with mindfulness as the focus. $30.

Residential Meditation Retreat • Feb. 20–22 • The two foundations of the weekend are insight meditation and deepening awareness of innate perfection. We'll be alternating sitting and walking meditation with mindfulness as a focus. The retreat will be held in silence along with clear instructions for meditators, evening talks, and optional discussion periods. $165 includes room and board; $35 extra for Monday; $25 discount if registered by Jan. 30.

Photo by Linda Lawson

The Dances of Universal Peace take place on the first and third Fridays of each month, at the Friends Meeting House.

Open Insight Meditation • Alternating Tuesdays • This class is appropriate for continuing students at every level. New students are asked to take the short introductory class side by side with this one. $100 for nine classes and one private meeting; $15 for drop–in.

Advanced Insight Meditation • Alternating Mondays, 7:30–10:00 p.m. • This class is appropriate only for those who have some firm experience in either vipassana or related practice such as zen meditation. Instruction and discussion will build upon previous weeks so commitment to regular attendance is important. Cost is by donation.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays • An ongoing therapy group supporting men to change their relationships and lifestyles. $35 per group session. Some insurance accepted. Call Cam Vozar at 747–9073.

Men's Gatherings with John Kilis • Regular meetings • We will discuss, learn, and experience male gods and archetypes, heartspeak, drumming, wild plant foraging, Reiki, sexuality, metaphysics, world wide web, dancing, poetry, drama, ritual, magic, manifestations, rites of passage, trancework, and yoga. Cost is by donation. Call John Kilis at 769–6351 or 248–661–5539 or E-mail ap736@detroit.freenet.org.

Midwifery

The Art of Midwifery with Pat Kramer and Patty Brennan • Fridays, Feb. 27–Apr. 17, Noon–3:00 p.m. • Two experienced midwives share their art with prospective midwives, midwife apprentices, doulas, nurses, and doctors. Learn basic skills and support measures for prenatals, labor and birth, and postpartum. Emphasis is placed on preventing complications and the appropriate use of natural therapies. We will discuss the business of midwifery, defining your own model of practice, and more. Class format will be lecture and hands–on. This is non–medicalized midwifery at its finest. $300; $275 if paid by Feb. 13. Call Patty Brennan at 663–1523 or Pat Kramer at 428–8740.

Movement & Dance

Dances of Universal Peace with Majid Simonds and Siddiq and Majida Middlebrooks • 1st and 3rd Friday of each month, 7:00–9:00 p.m. • The dances are a form of meditation with sound and movement. Circle dance forms are accompanied by songs and chants that draw sacred phrases from the world's spiritual traditions. All dances are taught. No partner or experience necessary. $5 suggested donation. Call Siddiq and Majida Middlebrooks at 996–1332 or Majid Simonds at 517–381–0126.

Contact Improvisation Class and Jam with Jean Louise Balliet • Ongoing Mondays beginning Jan. 12, class at 7:00 p.m., Jam at 8:00 p.m. • Imagine a sensuous meltdown of judo, jitterbug, and breakdance. Explore a spontaneous language of wood floor, sharing, and trust. You need to feel at ease in your body or have some kind of movement experience. $10 for Class, $5 for Jam. Partners, kids, acoustic musicians, and homeschoolers jam free. Call Jean Louise Balliet at 663–8073.

Earth Dance with Jesse Richards • Advanced Beginners with initial level dance experience: Tuesdays, Jan. 13 for eight weeks, 6:00–7:15 p.m. Intermediate with moderate level dance experience: Wednesdays, Jan. 14 for eight weeks, 6:45–8:00 p.m. • Earth Dance combines jazz, African, and Martial Arts. It is an energetic, rhythmic, fun form of dance. Earth Dance reminds us we are part of nature and that dance is a way of life – a part of our spirituality, sexuality, work, politics, health, etc. We also include some chanting and song. $80 with two low income scholarships available. Call Jesse Richards at 995–2972.

Life Dance I & II with Suzanne Willets Brooks • Level I: Thursdays, Mar. 5–May 21, 6:30–8:00 p.m. Level II: Saturdays, Mar. 7–May 23, 3:00–4:30 p.m. • Life Dance is a movement experience of joy and empowerment. It integrates different styles of African–based movement with yoga and modern dance to help us awaken, inhabit, and celebrate our bodies and spirits. $110. Call Suzanne Willets Brooks at 482–2607.

Moving from the Inside Out with Suzanne Willets Brooks • Twelve weeks, Mar. 9–May 25, 7:00–8:30 p.m. • A class designed to experience the body/mind. It combines elements from tai chi, yoga, and somatics as tools to explore and listen to underlying patterns of our personal evolution. The experience of allowing our uniqueness to reveal itself is deeply calming. $55–$100 sliding scale. Call Suzanne Willets Brooks at 482–2607.

Photo by Linda Lawson

Yoga, Dance, and Natural Movement Winter Workshop with Cathy King through Inward Bound • Call Cathy King for details at 517–592–8017.

Project Paradigm's Movement Journey with Hava Jean Delgado • Ongoing Mondays, 7:00–9:00 • Movement Journey provides healing through movement, creativity and self-reflection; empowerment through gathering together; self-rejuvenation through reaquaintance with our sacred bodies; and celebration of the masculine/feminine through sharing, sounding, drawing, writing, and moving. $15 per group session. Call 697–1579.

Music & Sound

Voice for the World Singing Class with Jesse Richards • Eight Saturdays beginning Jan. 17, 10:30 a.m.–Noon • This class combines the teaching of solid vocal technique, group sharing, and a supportive space to perform. We also explore voice as a means to personal and planetary healing. Open to all singers with basic singing skills. $120. Call Jesse Richards at 995–2972.

Chant and Polyphony of Women: A Concert with Norma Gentile and The Ann Arbor Grail Singers • Mar. 21, 8:00 p.m. • Solo chants by Hildegard von Bingen celebrating the power of women and sacred polyphony of the Renaissance era performed by the Grail's all female choir. A special treat is the local premiere of the Antiphons for Matins, a set of songs written by Hildegard dedicated to St. Ursula. Call University of Michigan Art Museum at 764–0395 for tickets.

Candlelight Meditation Concert with Norma Gentile • Mar. 7, 7:00 -9:00 p.m. • An evening of sacred chant by the 12th century mystic and abbess who was gifted from childhood with visions. Hildegard described her music as translations of the sounds of the "Celestial Symphony" that she heard during these visions. Sung by Norma Gentile in the Holy Rosary at the Adrian Dominican Campus. Part of a weekend workshop with Nancy Fierro sponsored by the Weber Center. Call the Weber Center at 517–266–4000.

Manifesting Through Sound with Norma Gentile • Feb. 8, 4:00–6:00 p.m. • This is an experiential workshop focusing on our abilities as co–creators to sculpt subtle energies with sound and intent. We will start with clearing and balancing the chakra system using vocal tones. Specific work with emotional energies is likely, as is group chanting to solidify energies from the astral and etheric realms. Previous experience is helpful but not necessary. $25 before Feb. 1; $30 after. Call Norma Gentile at 332–4606.

Women's Circles of Sound with Kathleen Moore • Tuesdays, 8:00–10:00 p.m. biweekly • For women who grew up in dysfunctional circumstances where sexual, alcoholic, verbal, and/or other abuses or neglect were experienced. Voice, music, movement, and imagery will be used to explore, experience, express, and move towards greater health. All and no music backgrounds welcome. Series is organized to facilitate therapeutic goals of those in the circles. Sliding scale fee. Call Kathleen Moore at 668–8146.

Songwriting: A Path to Self–Expression, Discovery, and Healing with Laura Massaro • Six Wednesday or Thursday Evenings beginning in February • Participants learn how to use words, poetry, and music to communicate feelings, be self–expressive, and experience healing in a supportive environment. Small groups for musicians and non–musicians. $20 per session. Call Laura Massaro at 971–6627.

Living in Symphony: Spiritual Journey with Hildegard von Bingen presented by Nancy Fierro • Mar. 6 at 7:30 p.m. through Mar. 8 at 1:00 p.m. • Discover the riches of your soul through the spirituality and genius of Hidegard von Bingen, the 12th century Benedictine abbess and mystic from Germany's Rhineland. The weekend integrates slide-lecture presentations and reflection. Through writing, singing, and the creating of mandalas, you will have the opportunity to rediscover your own creative gifts. $125. Call the Weber Center at 517–266–4000.

Native American

Path of Self–Empowerment with Jorge Arenivar • Jan. 23 at 7:30 p.m.–Jan. 24 at 4:30 p.m. • Followed by a sweat lodge ceremony. Call Upland Hills Ecological Awareness Center at 248–693–1021.

New Science & Physics

Where Matter Meets Spirit: A Non–Mathematical Explanation of the Essential Mysteries of 20th Century Physics with Gerald Brennan • Thursdays, Feb. 5–26, 7:30–9:00 p.m. • Get current! Secure an understanding of the great scientific–philosophic revolutions of this century and their implications for the new millennium. See how these "new" discoveries echo the ancient wisdom. Realize the essence of the theories of Einstein and come to know the work of other celebrated masters such as John Bell, Erwin Schrodinger, and Richard Feynman. Class will explore the extraordinary nature of Relativity, Quantum Theory, and Chaos. No mathematical expertise is required. You won't even need a notebook. $60 or $50 if registered by Jan. 22. Call Gerald Brennan at 668–0016.

Nutrition & Food

Women, Food, and Body Image: Therapist's Case Consultation Group with Judith Banker • 2nd Tuesday of each month, 8:45–9:45 a.m. • Training and supervision group for health care professionals working with girls and women struggling with weight, body image, and/or eating issues. Drop–in basis. $25 per session. Call Judith Banker at 668–8448.

Eating Right for a Healthy Life: Session I with Dr. Suzie Zick • Fridays, Jan.9–23, 6:00–7:15 p.m. • We will discuss the "ideal" diet for everyone, various types of food allergy/intolerance testing, and the popular nutrition books *The Zone Diet* and *Fit for Life*. We will also cover what foods are really high in protein and their pros and cons as well as combining proteins for vegetarians. $60. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Eating Right for a Healthy Life: Session II with Dr. Suzie Zick • Fridays, Mar. 13–27, 6:00–7:15 p.m. • This class will focus on what is a good fat and what is a bad fat. We will discuss medicinal and cooking oils, fish, nuts/seeds, and dairy products, and we will build on our knowledge of meats from the last class. Also covered will be easy and quick ways to reduce fat from your diet and still have tasty meals. The benefits of various grains and beans will also be discussed. $60. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Fat Burning Nutrition with Judy Stone of Feeding Your Whole Self • Jan. 24 or Mar. 12, 7:30–9:30 p.m. • The body's preferred fuel is fat, but typically Americans eat too many carbohydrates for the body to be in fat burning mode. Our zealousness for low fat severely deprives the body of essential nutrients for optimal health as well as for priming the body's metabolism to burn fat, leading to health problems and excess body fat. Learn how to change your nutritional lifestyle to eliminate food cravings, blood sugar highs and lows, weight gain, fatigue, and constant hunger. This workshop will introduce you to nutritional strategies for boosting your metabolism, increasing energy and mental focus, preventing cancer and heart disease, losing excess body fat, and really enjoying eating! Sample and resource information included. $15 or $10 in advance. Call Judy Stone at 994–5549.

Eating Disorders: Getting on Track with the Staff of EDEN Club (Eating Disorders & Exercise Network) • Jan. 12, 7:00–9:00 p.m. • Come together with other women to learn and share about how to start the new year with a realistic plan to nurture your body and spirit. $5. Call Soundings: A Center for Women at 973–7723.

Nutrition Class: Health Forum with Ann Petrou • Feb. 19, 26, and Mar. 5 • A three–week series on weight loss through good nutrition. Part of the eight–week series, Transition to a Vegetarian Diet. $90 for three weeks. Call Ann Petrou at 971–5683.

Parenting

Raising Strong, Confident Daughters: A Workshop for Parents with Carole Lapidos and Sally Wisotzkey • Workshop I: Mondays, Feb. 23, Mar. 2, 9, 16 at 7:15–8:45 p.m. Workshop II: Fridays, Mar. 13, 20, 27, Apr. 3 at 9:30–11:00 a.m. • This education/discussion group provides information, resources, and practical strategies for parents who want to help their daughters build strong self–esteem and realistic body images, to develop healthy peer relationships, and to resist negative, limiting cultural messages about being female. Appropriate for parents of girls ages 5–11. $80 per person or $140 per couple for four weeks. Call 996–3554.

Mothers & Daughters: Believing Mirrors with Jill Blixt • Jan. 17 and Apr. 18, Noon–5:00 p.m. • See description under Kids & Young Adults.

The Crazy Wisdom Calendar

Personal Growth & Creativity

Dressing to Express your True Self with Alana Martin and Sandra Bunnell • Mondays, Mar. 2–Apr. 6, 7:00–9:00 p.m. • In this women–only workshop, you will learn how to transform the way you think about your body, look at your body as a work of art, and decide your own best look – one that presents a positive and accurate awareness of who you are. You will also learn how to create a wardrobe based on your own best look, spend less time on dressing and shopping, and get better value for the dollars you spend. $180 or $165 if registered by Feb. 15. Call Alana Martin at 665–1188 or Sandra Bunnell at 475–0193.

The Art of Journal Writing with Phyllis Perry • Eight weeks, one hour per week • Learn an easy journal writing process. Express your true voice and inner nature. Share in a supportive, nurturing environment. $25 per session. Call New Options Counseling at 973–0003.

> ...the true creator may be recognized by his ability to find about him, in the commonest and humblest thing, items worthy of note.
>
> Igor Stravinsky

***The Artist's Way* Group with Sue Webster McDonald** • 12 weeks beginning mid– to late–Jan. • Based on Julia Cameron's book, *The Artist's Way*, it focuses on the discovery and recovery of creativity in the arts and in living. Appropriate for professionals and non–professionals. Secure, small group atmosphere. $20–$25 depending on class size. Call Sue Webster McDonald at 747–9191.

***The Artist's Way* Group for Ph.D. Candidates with Sue Webster McDonald** • 12 weekly classes beginning mid– to late–Jan. • This class will be specifically designed to meet the needs of Ph.D. students who have become "stuck" in the dissertation process. $20–$25 per session depending on class size. Call Sue Webster McDonald at 747–9191.

***Vein of Gold* Group with Sue Webster McDonald** • 14 to 16 sessions beginning mid–Feb. • Based on Julia Cameron's second book, *The Vein of Gold*, this class may be seen as an extension of the work begun and the issues raised in *The Artist's Way*. It is both demanding and extraordinarily rewarding, and is open to anyone who has completed *The Artist's Way*. $30 per session. Call Sue Webster McDonald at 747–9191.

Through the Eyes of the Heart: Learning the Vision of Love and the Language of Intimacy with Brenda Morgan • Jan. 17, 9:00–4:00 • Participants will learn ways to free themselves from unhealthy, repetitive patterns and clear the path for giving and receiving love. For all ages (15 and up) and all types of relationships. Through the use of Brenda's spiritual awarenesses, gifts, and skills which are expressed through a variety of modalities and activities, participants are helped to see their old mechanism at work and start implementing the newly learned ways of coping and relating. $85. Call Susan Fancy at 665–0536.

The Artist's Way Workshops: A Spiritual Path to Self–Discovery and Greater Creativity with Laura Massaro • Mondays, Apr. 20–June 8 • Meet in a small, comfortable setting to explore creativity in everyday life as well as in the arts. Effective for people in any transition. Activities include discussion, journaling, and taking small steps. $20 per session. Call Soundings: A Center for Women at 973–7723.

Creativity Workshops: Songwriting and The Artist's Way with Laura Massaro • Jan.–April • Half to full–day workshops that explore creativity and focus either on *The Artist's Way* or *Songwriting: A Path to Self–Expression, Discovery, and Healing*. Emphasis is on transformation and healing through creativity. Cost depends on number of participants. Call Laura Massaro at 971–6627.

Self–Discovery and Healing through Music, Art, and Writing with Laura Massaro • Based on *The Vein of Gold* by Julia Cameron, this small, comfortable group atmosphere is experiential and explores the creative arts as a path to self–discovery and healing. $20 per session. Call Laura Massaro at 971–6627 for dates and times.

Creating Your Life with Betty Younger • Mar. 8, 9:00–5:30 • Create what really matters to you! Learn skills and establish a life structure that supports you to create your most cherished dreams. Based on *The Path of Least Resistance* by Robert Fritz. $75. Call Betty Younger at 665–8793.

Rite of Passage: The Soul's Call at Mid–Life with Jill Blixt • Feb. 28, Mar. 1, 10:00–4:00 • Traditionally, mid–life has been seen as a crisis instead of the powerful call from soul to be authentic, claim our gifts, and honor our dreams. Through writing, image–making, movement, and ritual, we will harvest the gifts from our past and map our dreams for the future. Come initiate your rite of passage into this most powerful time of life. $135. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

***The Artist's Way* Weekend Intensive with Jill Blixt** • Jan. 30 at 7:00–10:00 p.m., Jan. 31 at 10:00 a.m.–9:00 p.m., and Feb. 1 at 10:00 a.m.–5:00 p.m. • Drawing from Julia Cameron's *The Artist's Way* and *The Vein of Gold*, this workshop uses writing, painting, courage, music, and movement to explore and reclaim our personal creativity. It is for anyone wishing to create a "hand–crafted" life no matter what form it takes. $200 includes art supplies. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

***The Artist's Way* with Jill Blixt** • 13 weeks beginning Feb. 4, 6:30–10:00 p.m. • *The Artist's Way* is a proven, powerful process that helps individuals break through their blockages and transform their lives. This workshop uses writing, painting, collage, doll–making, music, and movement to explore and reclaim your personal creativity. $285 includes art supplies and dinner. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

The Vein of Gold with Jill Blixt • 13 weeks beginning Mar. 3, 6:30–10:00 p.m. • Take the transformative power of The Artist's Way deeper with a process based on The Vein of Gold. This workshop is based on learning by doing. It will take you deeper into your own creativity by exploring writing, movement, sound, painting, doll–making, and mask–making. Completion of the Artist's Way is desirable. $285 includes art supplies and dinner. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

Creating Your Heart's Desire with Jill Blixt • Mar. 14, 10:00–4:00 • What is your dream? Many of us feel out of control of our lives, busy responding to the demands of our times. We long for something more, a life we have hand–crafted ourselves. Through writing, creating a dream book, and crafting an alchemy box, you will learn how to identify and set your dreams in motion. $65. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

Career Change Workshop Series with Anne Benedict and Laura Lies of Soundings: A Center for Women • Tuesdays, Jan. 20–Feb. 24, 5:30–8:30 p.m. • Considering a career change? Benefit from the experience of two veteran career changers as we discuss career decision–making, networking, resumes & cover letters, and interview and salary negotiation. $180 with sliding scale available. Call Soundings at 973–7723.

A New Level of Success with Michael Wickett • Jan. 7, 14, 21, 28, 1:00 and 7:00 p.m. Create an exciting life vision, turn obstacles into opportunities, develop a can–do attitude, and build a powerful, positive expectation. $10 suggested. Call Church of Today at 810–758–3050.

Learn to Learn: A Workshop on Determining and Developing Your Learning Style with Linda Diane Feldt • Feb. 27–28, 10:00–4:00 each day • This workshop is a mini–lab to explore your own learning style and the best methods to take in and retain information. We will be using a variety of techniques, games, discussion, and exploration. Each participant will be asked to participate in brief follow–up research over the next year. Ages 18 and older. Cost is free. Call Linda Diane Feldt at 662–4902, E-mail LDFELDT@adeptsys.com.

Be Your Own Valentine with Sandi Cooper • Feb. 10, 7:00–9:00 p.m. • Come together with other women to learn and share about ways to be self–loving at this special time of year. $5. Call Soundings: A Center for Women at 973–7723.

The New Life Weekend Retreat with Linda Sinkule and Kathy Drabek • May • Experience 2 1/2 days of blessed soil where participants play, share, grow, and experience quiet as they bring forth their own inner gifts. Call Linda Sinkule at 996–2625 or Kathy Drabek at 665–4252.

First Friday: A Group for Women Therapists with Sandi Cooper • First Friday of each month, 2:30–4:30 p.m. • Working in the field of mental health can be both invigorating and exhausting. Come together with other therapists in a safe and supportive place for networking, case conferencing, and an occasional presentation. Cost is free. Call Soundings: A Center for Women at 973–7723.

> It is absurd for men to vaunt their superiority over the animals when, in matters of great importance, it is they who are our teachers: the spider for weaving and mending; the swallow for architecture; the swan and the nightingale for singing.
>
> Democritus

Developing More Love–Talk with Sean Hogan–Downey and Bill Downey • Jan. 23 at 7:00 p.m. through Jan. 25 at 1:00 p.m. • The weekend will focus on the normal patterns of married life. You will each have time for yourself alone, yourself and your partner alone, and group sharing without "pressure talk." $175 per couple. Call Weber Center at 517–266–4000.

Sister–Friend: An Enduring Relationship with Janet Fulgenzi, Esther Kennedy, Bernie Lopata, Kathleen Schanz, and Patricia Siemen • Mar. 13 at 7:30 p.m. through Mar. 15 at 1:00 p.m. • A weekend retreat for sisters to share together: birth sisters, stepsisters, sisters–in–law, and women who are like sisters to each other. $115. Call Weber Center at 517–266–4000.

Qualities of the Empowered Self with Bronwen Wildflower and Lora Vatalaro • Feb. 8, 1:00–4:00 • The Empowered Self knows its spiritual power and also gives itself the authority and permission to utilize this power. The components of the Empowered Self include the qualities of self worth, self esteem, self love, self confidence, and self respect. This workshop presents an overview of the Empowered Self. $60 if prepaid one week in advance; $70 after that. Call Bronwen Wildflower at 769–9014 or Lora Vatalaro at 975–1940.

The Language of Our Life with Bronwen Wildflower • Jan. 25, 10:00–4:00 • Learning to read our lives like a book, being a gardener in our lives or interpreting our lives as if they are dreams, are all different frameworks that describe a more true perspective on the nature of what it means to be alive. Learning to see our lives as symbolic and learning to trust that symbolic system, and ultimately to direct it, allows us to be conscious creators of our lives. This workshop explores the symbols of our lives, how to begin to interpret and learn from them, and the resistances we have to living consciously. $60 if prepaid one week in advance; $70 after that. Call Bronwen Wildflower at 769–9014.

We Are All Healers with Bronwen Wildflower • Mar. 1, 3:00-5:30 p.m. • The source and resource for our healing lies within our will and our willingness, and our awareness of our power to shape our own lives in collaboration with our Higher Selves, our Souls, and our Destiny. This does not mean we do not need to use external resources – people and "medicine" – as appropriate, only that we recognize that the only source of true authority is our own relationship to our own authentic spiritual nature. This workshop offers an inner map of healing as well as ways to access and engage consciously our own self-healing ability. $25 if prepaid one week in advance; $30 after that. Call Bronwen Wildflower at 769–9014.

Professional Training and Enrichment

Getting Free Publicity: Building Your Practice by Using the Media with Laurie Krauth • Feb. 27 and Mar. 20 • A hands-on workshop for therapists and related human service professionals to learn how to assess the benefits and risks of media exposure. Participants will leave with a basic outline for a press strategy tailored to their unique needs. $35 in advance or $50. $25 for full-time students. Call Laurie Krauth at 210–4420.

***The Artist's Way* Group for Ph.D. Candidates with Sue Webster McDonald** • See description in the Personal Growth section and/or call Sue Webster McDonald at 747–9191.

First Friday: A Group for Women Therapists with Sandi Cooper • See description in the Personal Growth section and/or call Soundings: A Center for Women at 973–7723.

Polarity Therapy Professional Practitioner Program with the Ann Arbor Center for Holistic Health and Traditional Wisdom • See description in the Bodywork section and/or call the Ann Arbor Center for Holistic Health and Traditional Wisdom at 662–4902.

Certified Labor Assistant Weekend Training Seminar with the Association of Labor Assistants and Childbirth Educators (ALACE) • See listing in Childbirth section and/or call Sandra Stuchell at 930–2684 or 996–0787.

Women, Food, & Body Image: Therapist's Case Consultation Group with Judith Banker • See description under Nutrition & Food and/or call Judith Banker at 668-8448.

Psychic Development

Psychic Development Workshop with Nancy Crisp • Apr. 10, 7:00–9:00 p.m. and Apr. 11, 9:00–5:00 • This workshop will help each person connect with their own psychic ability. We will use meditation, message from Spirit, and various exercises to help you experience your psychic abilities. Learn how to achieve a relaxed state of mind, connect with higher realms, and re–invoke senses that may have been asleep. $125. Call Nancy Crisp at 429–3518.

Past Lives and Your Relationships with Karin Hoppe McDermott • Mar. 21 at the Womenfest '98: Eleventh Annual Day For and About Women • Some of our relationships are puzzling because we don't remember their past life origins. I'll share tales of incredible love and pain bridging time. I'll also guide you through simple exercises created to help you glimpse your own past life bridges. $25 for the day if registered by Mar. 21. Call Jean Garratt at 517–546–7918 or 517–548–2100.

Practical Psychic I "Awareness" with Ray O. Golden, Charlie Fiegle or Anita McKay of the Practical Psychic Center of Ann Arbor • Jan. 31-Feb. 1 at 10:00–4:00 each day; Feb. 21 at 10:00–6:00; Apr. 4 at 10:00–6:00; or Wednesday evenings Jan. 21-Feb. 25 at 7:00–9:00 p.m. • Learn simple and powerful techniques to begin to see, ground, and heal your psychic and emotional space, aura, and chakras. $149 or $129 if paid two weeks in advance; $119 if you bring three or more friends. Call Practical Psychic Center of Ann Arbor at 996–5501.

Practical Psychic II "Deepening Awareness & Skills" with Ray O. Golden of the Practical Psychic Center of Ann Arbor • Wednesdays Mar. 18–Apr. 15, 7:00–9:00 p.m. • Learn to recognize and heal layers of the aura. Connect with one of your healing guides to do healings. $160 if prepaid one week in advance; $195 after that. Call Practical Psychic Center of Ann Arbor at 996–5501.

Practical Psychic III "Putting It All Together" with Ray O. Golden of the Practical Psychic Center of Ann Arbor • Wednesdays Mar. 18–Apr. 15, 7:00–9:00 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $160 if prepaid one week in advance; $195 after that. Call Practical Psychic Center of Ann Arbor at 996–5501.

Dowsing: Communication with Inner Truth with Bronwen Wildflower • Feb. 15, 1:00–4:00 • Dowsing is a tool for exposing our decision process to scrutiny and provides an arena to explore our understanding of trust. It is also a powerful tool for "cracking the communication code" between ourselves and our inner guidance. In this workshop, we will work with pendulums as dowsing tools and learn about the power of intent, about asking the right questions, and about guidance, what it is and how we can access it. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Dowsing Study Session with Bronwen Wildflower • Apr. 17, 7:00–9:00 p.m. • This study session is an opportunity for individuals working with dowsing to bring their questions, and to offer support and input on their process. $20 if prepaid one week in advance; $25 after that. Call Bronwen Wildflower at 769–9014.

Reiki

Reiki Practitioner Certification Level I & II with Kim and Steven Falcone • Jan. 10, Feb. 15, Mar. 14 or Apr. 11 at 9:00–5:30 • Reiki is an ancient healing touch system in which an initiated practitioner channels healing energy through the laying on of hands. In this class, you will learn the history of Reiki, Reiki ideals, chakra system, hand positions for self–healing and healing others, sacred Reiki symbols, group and distant healing, and more. Includes a course manual, 1st and 2nd degree attunements and a certificate. $175. Call Kim or Steven Falcone at 313–449–8111 or 800–311–9914.

Reiki Master Certification with Steven Falcone • Jan. 17, Feb. 7, Mar. 21 or Apr. 18 at 10:00–3:00 • The Reiki Master Certification trains individuals in the process of teaching Reiki and initiating other practitioners. You will learn a review of Levels I and II, the Usui master symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teaching Reiki, complete course manual, master attunement, and a Reiki master certificate. $350. Call Kim or Steven Falcone at 313–449–8111 or 800–311–9914.

Reiki Level I Workshops with Ray O. Golden • Jan. 24, Mar. 8 or Apr. 11 at 9:00–6:00 • Reiki is a powerful, natural, non-invasive, easy to learn healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels – physical, emotional, mental, and causal. Class sizes are limited to allow for individual attention and attunements. In this workshop, students receive attunements to the Reiki energy and learn to facilitate other's healing as well as self-healing techniques. $95 includes manual and certificate if preregistered one week in advance; $125 after that. Call Ray O. Golden at 663–6075.

> We can have all the knowledge in the universe, and it comes down to one thing: practice. It comes down to going home and step-by-step implementing what we know.
>
> Clarissa Pinkola Estes

Reiki Level II Workshops with Ray O. Golden • Mar. 28–29; Saturday at 6:00 p.m.–10:00 p.m.; Sunday at 10:00 a.m.–4:00 p.m. • In this workshop, advanced attunements deepen the process. Students learn even more powerful healing techniques as well as distance healing. $180 includes certificate if preregistered one week in advance; $225 after that. Call Ray O. Golden at 663–6075.

Reiki Introduction & Healing Night with Ray O. Golden • Jan. 8, Feb. 5, Mar. 5, Apr. 2, 7:00–9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Cost is free. Call Ray O. Golden at 663–6075.

Introductory Reiki Talk with Suzy Wienckowski • Jan. 7 and Feb. 25, 7:00–8:30 p.m. • Lecture on the Usui System of Reiki. In this ancient, hands–on healing art, the universal life force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini–treatments will be offered for those wishing to stay after the talk. Cost is free. Call Suzy Wienckowski at 668–8071.

First Degree Reiki with Suzy Wienckowski • Jan. 16–18 or Mar. 6–8; Friday 7:30–9:30 p.m., Saturday 10:00-3:00, Sunday 10:00–Noon • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels. Certificate awarded. $150. Call Suzy Wienckowski at 668–8071.

Reiki for Children Ages 3 – 12 with Suzy Wienckowski • Mar. 29, 10:00–11:30 a.m. • Reiki empowers children to bring healing energy to themselves, plants, pets, and others (even their parents). Certificate and pin awarded. $25. Call Suzy Wienckowski at 668–8071.

Reiki Level I and II with Jennifer Johnson • Mar. 21, 10:00–5:00 p.m. • Learn the Usui method of natural healing utilizing channeled universal life force energy. Reiki is a gentle method of hands–on healing which is facilitated by energy transfers given to each individual during this workshop. Other healing modalities will also be covered. Previous healing experience is not necessary. A certificate will be received upon completion. $225. Call Lynn Meadows at 662–3446 or Jennifer Johnson at 517–332–3277.

First Degree Reiki Class with Nancy Steel • Feb. 20–22 or Apr. 3–5. Friday at 7:00–9:00 p.m., Saturday at 9:00–11:00 a.m. and 1:00–3:00 p.m., Sunday at 9:00–11:00 a.m. • Reiki eases you forward on your journey of health and personal growth. First degree class includes history, lineage, form for hands–on Reiki or yourself and others, four individual initiations, and guided practice. $150. Call Nancy Steel at 996–2530.

The Crazy Wisdom Calendar

Second Degree Reiki Class with Nancy Steel • Feb. 13, 7:00–9:00 p.m. and Feb. 14, 9:00 a.m.–Noon • Second degree intensifies Reiki energy. You will learn three ancient, sacred symbols and distant healing, and includes guided, hands–on practice. One individual initiation. $500. Call Nancy Steel at 996–2530.

First Degree Usui Reiki with John and Paula Steele • Jan. 3, Noon–6:00 and Thursday evenings in March, beginning March 5, 7:30–9:30 p.m. • Traditional first degree Usui Reiki and additional information are taught. This attunement connects us to Reiki energy. Training includes self–treatment, treating others, and much more. Includes manual and certificate. $75. Call John and Paula Steele at 677–8211.

> You cannot stay on the summit forever: you have to come down again...So why bother in the first place? Just this: what is above knows what is below, but what is below does not know what is above.
>
> Rene Daumal

Second Degree Usui Reiki Class with John and Paula Steele • Apr. 4, Noon–6:00 • Traditional second degree Usui Reiki attunement and additional information are taught. This is the practitioner level class: mental/emotional healing, distance healing, empowerment, affirmations, centering and balancing of chakras, and more. Includes manual and certificate. $125. Call John and Paula Steele at 677–8211.

Karuna Reiki I Class with John and Paula Steele • Mar. 7, Noon–6:00 • First degree Karuna Reiki attunement teaches four treatment symbols, toning with Reiki, and more. These symbols treat past life issues, karma, inner child issues, restores balance, and generates deep healing. Must have complete Usui Reiki II or higher. Includes manual and certificate. $200. Call John and Paula Steele at 677–8211.

Karuna Reiki II Class with John and Paula Steele • Feb. 7, Noon–6:00 • For those that have had first level Karuna attunement, this class teaches four more treatment symbols to work with connecting the higher self to the lower self, increased learning ability, grounding, manifestation of goals, creating priorities, healing co–dependence, increasing clairvoyance, and more. Manual and certificate included. $200. Call John and Paula Steele at 677–8211.

Reiki I with Cyndi Power • Mar. 16, 5:30–9:30 p.m. • This one–day class examines the reality of Reiki, how it works, and its history. You will receive the Reiki I attunement that permanently opens a channel to the flow of the universal life force energy in your own body. You will learn how to use this healing energy for yourself and others. $100. Call Cyndi Power at 332–0578.

Reiki II with Cyndi Power • Jan. 7, 8, 14, 15 at 5:30–9:30 p.m. • This two–day class initiates you into the Usui Reiki symbols and teaches you how to use them. You also learn more of the energetic or chakra system of the body to best utilize the Reiki energy. This includes aura reading, chakra balancing, and more. $200. Call Cyndi Power at 332–0578.

Reiki III with Cyndi Power • Mar. 10, 12, 17, 19, 24, 26 at 5:30–9:30 p.m. • The three–day class includes both the Tibetan and Usui master attunements. You are prepared for the advanced work with various personal healing techniques. You will learn and practice each of the sacred attunements to achieve confidence and comfort with them. You will also receive instruction in the values and beliefs of a Reiki master as well as the business practicalities of marketing, advertising, and operating a successful practice. $600. Call Cyndi Power at 332–0578.

Healing Circle Gathering with Rose Beres at Ageless Wisdom • Thursdays beginning Feb. 5, 7:00–9:00 p.m. • Are things falling apart? Very few people head a stress–free existence. Join us in a guided meditation for healing, relaxation, and inner peace. Afterwards, experience the ancient healing energy of Reiki. Discover the potent, yet gentle, pure universal energies to heal on all levels. It relaxes the body, opens the heart, and soothes the soul. In addition to the general community, we invite Reiki students and practitioners to participate. You will receive as well as share. Cost is by donation. Call Ageless Wisdom at 207–5310.

Reiki Levels I, II, & III with John Kilis • Call for dates and times • Level I teaches history, attunements, hand positions, and healing methodology. Level I & II teaches symbols, distant healing, and psychic surgery. Level III offers Master Level attunement, OM attunement, and instruction on how to pass attunements. All classes include attunements, hands-on experience, a manual, and certification. $20 for Level I; $50 for Level I & II; $60 for Level III. Call John Kilis at 769–6351 or 248–661–5539 or E-mail ap736@detroit.freenet.org.

Sexuality

Women's Sexuality Workshop with Cyndi Power • Jan. 17, 18 at 10:00–5:00 • This women's workshop creates a path to empowerment and enhanced sensuality. By freely exploring roles and archetypes, you will allow yourself discovery of the subconscious limitations that keep you from fully taking your power or being in your true potential. $150: Call Cyndi Power at 332–0578.

Essential Tantra Workshop with Cyndi Power and David Coleman • Jan. 2 at 5:30–9:30 p.m. and Jan. 3, 4 at 10:00–6:00 • Tantra, literally meaning "a weaving of breath and energy," exists as a yogic discipline of conscious sexual/kundalini energy movement. This workshop covers core concepts of Tantra, while introducing new material for the more advanced lover. Singles or couples welcome. $200 per person, $350 per couple. Call Cyndi Power at 332–0578.

Shamanism

Soul Retrieval Class with Cyndi Power • Feb. 21, 22, 10:00–5:00 • We all have soul parts that come and go continuously. Sometimes, through trauma or fear, a soul part leaves and does not return. This leaves us "less than whole." This advanced shamanic class entails shamanic journeying to retrieve parts that are ready to return, ensure validity and safety of these parts, and how to reintegrate them back into ordinary reality. Prerequisite class: Shamanic Journey. $150. Call Cyndi Power at 332–0578.

Shamanic Journeys with John Morris • Wednesdays, 7:30 p.m. • A gentle introduction to shamanism through trance journeys to other realms of the spirit, for healing, divination, personal growth. We use *Ecstatic Body Postures* by Belinda Gore as our basic text. Cost is free. Call John Morris at 665–3522.

Soul Circle with Judy Smith • 1st and 3rd Tuesdays of each month • A study of the Shamanic Path of Living as Soul using Winged Wolf's books, *The Shamanic Path of Living as Soul* and *Dialogues with a Shaman Teacher*. You are welcome to come to this ongoing group. $5 per session. Call Judy Smith at 248–437–6496.

Consideration within Shamanic Practice Workshop with Loren Cruden • Apr. 26, 10:00–4:00 • Call Upland Hills Ecological Awareness Center at 248–693–1021.

Spiritual Development

Mystic Clouds and Natural Spirituality Weekend Retreat withThomas Moore • Mar. 20–22 with one–day workshop option • Thomas Moore is the bestselling author of *Care of the Soul*. His other books include *The Reenchantment of Everyday Life*, *Soul-Mates*, and the recently published *Education of the Heart*. Call Upland Hills Ecological Awareness Center at 248–693–1021.

Aura Glaser on Everyday Spirituality: Independent Spiritual Network • Jan. 26, 7:00 p.m. • As the guest speaker at this Network quarterly meeting, Aura Glaser will talk about how to live your spiritual beliefs each day. She is a former owner of Crazy Wisdom Bookstore and longtime student of Tibetan Buddhism. The Ann Arbor Independent Spiritual Network (ISN) connects people who are finding their own individual spiritual path. This is a group for people who want to examine and use spiritual concepts and techniques from more than one tradition. The ISN makes no attempt to create a consensus spirituality, but rather encourages individuals in the independent search. Meetings are held in January, April, July, and October and are opportunities for individuals who are focusing on spirituality to socialize and find support. Cost is free and open to all. Call Jonathan Ellis at 668–6672.

What is a Spiritual Director? with Jonathan Ellis • Jan. 12 and Apr. 13, 8:00 p.m. • This presentation is for people who want to find out how to use individual monthly meetings with a spiritual director to enhance progress on their spiritual journey. Jonathan Ellis will explain his work as a coach who can help you sort through ideas and feelings about the spiritual path of your own choosing. He will describe how monthly sessions can commit you to stepping back regularly, looking at your life from a spiritual perspective, and focusing your intention for the period ahead. These introductory group sessions are free. Call Jonathan Ellis at 668–6672.

> It may be that some little root of the sacred tree still lives. Nourish it then, that it may leaf and bloom and fill with singing birds.
>
> Black Elk

Blueprints for Spiritual Living with Brenda Morgan • Jan. 16, 7:00–9:00 p.m. • Each soul has a unique blueprint to share in the world. Understanding what this means and how to activate it will help one feel released and happy in life. Once this preparation has begun, one's desire for true happiness in God can arise and be explored more deeply. Through the insights and wisdom of her spiritual transformation, Brenda will share simple and direct guidelines for aligning one's life to the higher physics of spiritual evolution and awareness of one's unique expression in the world. $35. Call Susan Fancy at 665–0536.

On Releasing Fear and Neediness: Creating Space for Human Loving and Spiritual Evolution with Brenda Morgan • Mar. 20, 7:00–9:00 p.m. • Fear and neediness go hand in hand. Understanding how they are woven together and how to disentangle our life from these blockages to human and spiritual evolution is critical. Brenda will share guideposts for dismantling these unhappy survival techniques through a variety of activities, dialogue, and meditation arising from her spiritual transformation. $35. Call Susan Fancy at 665–0536.

A Gathering in Spirit with Brenda Morgan • Mar. 21, 9:00–4:00 • A day-long spiritual intensive for those wishing to activate or deepen their spiritual/meditative practices and openness to God. Through a variety of activities and silent meditation, participants will have opportunities to see their egoic strategies/resistances to Spirit and how to return their attention to the meditative/prayer process. No experience necessary – just a sincere desire to open to God. $85. Call Susan Fancy at 665–0536.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Cost is free. Call Lisa Wolf at 930–0864.

An Introduction to the Pathwork Teachings Lecture Study Series sponsored by the Great Lakes Pathwork • Weekly and monthly classes offered • This is a series of ten classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes lectures and subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930–0864.

Spiritual Psychotherapy: Free Introductory Consultation with Sheila Layla Ritter • Jan. 11, Feb. 8, Mar. 8, Apr. 12, 6:00–9:00 p.m. • A free 30-minute individual consultation to learn more about this form of therapy, which includes physical, mental, and emotional healing as it helps you understand and move along your spiritual path. Cost is free. Call ChangeWorks Consulting and Therapy Center at 973–0684.

What is Sacred Geometry and Ascension? with Lorna Brown • Feb. 9, 7:00–9:30 p.m. • An introduction to sacred geometry as it relates to the human energy field, Merkabas, Earth history, and ascension. $25. Call Lorna Brown at 313–428–8748.

Master Minding for the New Millennium with Fr. Leo Booth • Feb. 4, 11, 18, 25, 1:00 and 7:30 p.m. • Week One: Developing Creative Love: What is love? How is it connected to the Creative Spirit? Week Two: Empowering Imagination: Imagination as the expression of the soul. Week Three: Affirming Forgiveness: Forgiveness as the door to freedom. Week Four: A New Prosperity: Accumulate the wealth of creative living. $10 suggested donation. Call Church of Today at 810–758–3050.

Weber Experience: A Mini-Sabbatical Program at Weber Center • Feb. 18–Mar. 19 • This month-long sabbatical is an invitation to nourish your inner self, to tend the silent seed within, and to embrace wisdom resting in your soul. The program includes spiritual direction, counseling, workshops, inner work, journaling, common prayer, and ritual. $1,500. Call Weber Center at 517–266–4000.

Ecological Spirituality: The Challenge of Reverence with Patricia Benson • Feb. 20 at 7:30 p.m. through Feb. 22 at 1:00 p.m. • Ecological destruction is one of the major evils of our day. Join with others during this reflective weekend to awaken or deepen your personal awareness of ecological issues and their relation to your spirituality. The weekend will include presentations and sharing, personal reflection time, and a display of contemporary resources. $100. Call Weber Center at 517–266–4000.

Living in the Present: Everything You Need Is Now with Leonard Jacobson • Jan. 8, 15, 22, 29, 7:00 p.m. • Healing the past, embracing the present, experiencing the living presence of God. $15 per session. Call Barbara Feldman at 443–0001.

Stress Reduction & Relaxation

Mindfulness-Based Stress Reduction Program with Glenn Burdick and Steve Thiry sponsored by The Institute for Psychology and Medicine • Beginning Feb. • Eight-week mindfulness-based program for people challenged by any life circumstance, including chronic or terminal illness and stress-related medical problems. Based upon the work of Jon Kabat-Zinn. Call Glenn Burdick for cost at 973–7377.

Learning to Relax with Lorna Brown • Jan. 12 or Apr. 13, 7:00–9:30 p.m. • Learning techniques for complete physical relaxation is an important first step in reducing tension in your body and stress in your life. Come and participate in this life-enhancing experience. Tape included. $25. Call Lorna Brown at 313–428–8748.

Reversing Smoking Addiction: A Fresh Start with Tom Kabisch and Ann Petrou • Jan. 29, Feb. 5, Feb. 12, 7:00–9:00 p.m. • Learn in this 3-part series techniques, relaxations, Tai Chi, hands-on massage, and whole foods to reverse smoking addiction. $99. Call 971–5483 or 971–5683.

Reversing Smoking Addictions Health Forum with Ann Petrou and Tom Kabisch • Jan. 22, 7:00–8:30 p.m. • Introduction to Eastern philosophies to help you become a non-smoker. Cost is by donation. Call 971–5483 or 971–5683.

Tai Chi & Martial Arts

Chinese Healing Kungfu with Victor Chao of Magic Dragon Studios • Thursdays beginning Jan. 15 and Mar. 5, Beginning level at 7:00 p.m., Ongoing students at 8:00 p.m. • The Bagua of Healing Kungfu shares much with Tai Chi in Chinese tradition, yet in contrast with the soft floating of most Tai Chi, Bagua uses inner power in winding, wrapping curves of whole body movement. Regular practice help join body, breath, and mind. Childcare available. $60 for six weeks, $40 per month for ongoing students. Call Victor Chao or Jean Louise Balliet at 663–8073.

Tuina Bodywork and Qigong with Victor Chao of Magic Dragon Studios • Tuesdays beginning Jan. 13 and Mar. 3, Beginning level at 7:00 p.m., Ongoing students at 8:00 p.m. • Chinese Tuina relieves pain and stress and helps heal old and new injuries. Qigong works to center and ground awareness, to calm and energize, release energy blocks, and improve posture. Childcare available. $60 for six weeks, $40 per month for ongoing students. Call Victor Chao or Jean Louise Balliet at 663–8073.

ShaoLin Temple Strength Training with Michael Gillespie • Tuesdays, 7:30–9:30 p.m. • Advanced training includes iron palm, five animal health exercises, pa-kua, shaolin temple upper body strength training, and unique endurance-fitness training. Basic training includes basic exercises and self-defense. $15 per session. Call Michael Gillespie at 528–9223.

Beginning Tai Chi with Ryan Fiorenzi • Jan. 7, 6:30–7:30 p.m. • Beginning Tai Chi will focus on the first loop of Yang style Tai Chi Chuan. This class is designed for those with little or no experience to learn the basic principles of the graceful art of Tai Chi. $78. Call 313–414–7789.

Kung Fu with Brazilian Jiu-Jitsu with Ryan Fiorenzi • Ongoing six days per week • Martial arts for street self-defense covering the various ranges of combat and focusing on the grappling range, aerobic workout, and non-injurious training in a relaxed and friendly environment. $55 for first month, $65 for following months. Call 313–414–7789.

Changquan (Long Fist), Bajiquan (Eight Infinite Style), and Hsing-Yi Sword with Richard Miller of Great Lakes Wushu • Monday and Thursday evenings, Saturday mornings, beginning Jan. 5 • Instruction provided in traditional Northern Chinese Kung Fu. $55 per month, $45 for students. Call 994–5980.

> When you get into a tight place and everything goes against you 'til it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.
>
> Harriet Beecher Stowe

Beginning Class in Chen Style Tai Chi Chuan with Richard Miller of Great Lakes Wushu • Four-month session meeting Monday and Thursday evenings and Saturday mornings beginning Jan. 5 • Class includes basic stance training, development of chan si jin (silk reeling energy), 36 movement form. Ongoing classes in Tai Chi also offered. $55 per month, $45 for students. Call 994–5980.

Tai Chi Ch'uan Beginners Class with Wasentha Young through th Peaceful Dragon School • Tuesdays, Jan. 6–Mar. 24, 10:30-11:45 a.m. or 6:00–7:15 p.m. • T'ai Chi Ch'uan is an Internal style of Chinese Martial Arts that concentrates on integrating the body, mind, and spirit through the continuous flowing set of movements called the Form. Its graceful, relaxing movement relaxes the body, strengthens concentration and balance, and develops physical confidence and general well-being. $160. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Chi Kung I with Wasentha Young through The Peaceful Dragon School • Jan. 5–Feb. 14, Mondays at 5:30–6:45 p.m. or Wednesdays at 9:00–10:15 a.m. • Chi Kung is a type of Chinese Yoga. It directly affects the body's physical and energy systems. Chi Kung techniques consist of stretches, imagery, reeling of silk (continuous circular movement), breathing techniques, and study of the body's energy system. All four major schools – Taoist, Buddhist, medical, and Martial – will be represented. $85. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Chi Kung II (Wild Goose Chi Kung) with Wasentha Young • Feb. 21–Mar. 25, Mondays at 5:30–6:45 p.m. or Wednesdays at 9:00–10:15 a.m. • Wild Goose Chi Kung is a series of 64 continuous movements that combine the principles of Chi Kung into a complete exercise of the "large circulation of the Chi" (all energy meridians and channels), muscles, and joints of the body. Stretching, bending, turning, visualizing, breathing, opening, participants will have fun, feel energized, and become more aware of their entire being while learning this beautiful Form. $85. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Fundamentals of T'ai Chi Ch'uan and Chi Kung with Wasentha Young • Session I: Jan. 7–Feb. 11; Session II: Feb. 18–Mar. 25, Wednesdays, 10:30–11:45 a.m. • This class is designed for house parents, people who are curious about these Arts, those who would like a simple yet integrating exercise routine, and people whose schedules do not allow them to commit to longer term classes. Participants will learn the fundamental principles and techniques of both T'ai Chi Ch'uan (modified for class) and Chi Kung. $85. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Tae-Kwon Do with Tom Hart through UM Uncommon Courses • Tuesdays, Feb. 3–Mar. 17, 7:00–9:00 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense, building upon a solid foundation of traditional Tae-Kwon do. This style is a variety of self-defense tactics which borrow techniques from Aikido, Judo, and police defensive tactics. Tae-Kwon do emphasizes personal development, self-defense, and harmonization of mind, body, and spirit. $40. Call 764–7544.

The Crazy Wisdom Calendar

Tarot & Divination

I–Ching (Stick Method) with Wasentha Young through The Peaceful Dragon School • Feb. 7, 1:30–3:30 p.m. • The I–Ching is the root and foundation of all the philosophies and traditional practices of the Chinese culture. It is a book of oracles that offer a method of comprehending ourselves, the world, and the interaction of life forces. Over 3,000 years ago, this system developed as a vehicle of access to the natural order of life's dynamics. Today, the coins are the most popular method of consulting the I–Ching. However, the Stick method allows one the time to reflect on the questions and see the way to the answer. $30. Call Peaceful Dragon School of T'ai Chi Ch'uan at 741–0695.

Introduction to I Ching with Jennifer Johnson • Mar. 7, 1:00–3:00 p.m. • I Ching, the oriental art of divination, is based on the belief that all events and phenomena in our lives are a result of the interaction between the forces of Yin and Yang. Bring 5 pennies and a dime and a receptive mind. Leave with a tool that will guide and teach you on your life path. This class is one of 3 interrelated disciplines being taught that may be taken alone or together: Feng Shui, I Ching, and Four Pillars of Destiny. $35. Call Jennifer Johnson at 517–332–3277 or Lynn Meadows at 662–3446.

Tarot & Psychic Development I with Mateyo Empie • Wednesdays, Jan. 7–Feb. 11 or Feb. 18–Mar. 25, 7:00–10:00 p.m. • Explore your psychic gifts with the tarot and other oracles. We will cover grounding and centering, entering a card, care and feeding of the deck, setting psychic boundaries, and opening up your ability to find a personal set of meanings for the cards. This is a fun class with concrete results, the first in a six month series leading to professional level expertise. $185–$125 sliding scale cost. Call Mateyo Empie at 663–5505 or E-mail Snakewillo@aol.com.

Therapy & Support Groups

Divorce and Beyond Support Group with Lynne Lande • Thursdays, Jan. 8–Feb. 26, 7:00–9:00 p.m. • Information and resources for coping with divorce. We offer encouragement and support to women in a safe setting. $160 with sliding scale available. Call Soundings: A Center for Women at 973–7723.

Second Chances for Older Women with Sandi Cooper • Jan. 14–Feb. 18, 7:00–9:00 p.m. • It's a difficult thing to deal with, a marriage that didn't fulfill your dreams, and now you may feel like it's too late. Come to learn, listen to each other, and be encouraged to make healthy decisions for your life. Sliding scale cost. Call Soundings: A Center for Women at 973–7723.

Counseling Group for Women with Chronic Illness or Chronic Pain with Erica Dutton • Mondays at 5:00–6:30 p.m. and Fridays at 11:30–1:00 p.m. • This treatment group is open to adult women with any kind of chronic illness or chronic pain. The group explores the impact of chronic illness, disability, and pain on our lives. $35 per session. Call Erica Dutton at 677–3056.

Sexual Abuse Survivor's Group with Carol Plummer • Thursdays beginning Jan. 8, 5:30–7:00 p.m. • This ongoing survivor's group for adult females provides support and didactic information to assist in healing from childhood sexual abuse. $25 per session. Call Carol Plummer at 994–1253.

Women Survivors of Sexual Abuse Psychotherapy Group with Lisa Wolf • Wednesdays, 5:30–7:30 p.m. • This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While the specific focus of this group is healing from sexual abuse, group members often deal with a variety of issues – relationship concerns, work problems, death, divorce, current and old pains, present and past anger, self confidence issues – with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. Discussion, disclosure, and processing of memories and/or sensations related to abuse, emotional release work, and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $35 per session. Call Lisa Wolf at 930–0864 for interview.

Women, Food, Body, Life with Judy Stone of Feeding Your Whole Self • Ongoing Tuesdays, 7:00–8:30 p.m. • This ongoing Bioenergetic therapy group is for women who want to work on any relationship with food and body issues. Focus will be on finding more ease through experiencing the connection between your relationship with food and energy flow–blockage in your body. In a supportive, nourishing environment, you will learn to understand the language of your body and to give voice to it through emotional and spiritual expression. Members can join any time space is available. Minimum commitment is eight weeks. $35 per week or $250 for eight weeks if paid in advance. Call Judy Stone at 994–5549.

Anger and Communication In Our Relationships with Kristin Blackburn • Thursdays, Jan. 22–Apr. 9, 5:30–7:00 p.m. • This 12–week supportive therapy group is designed specifically for women who may be experiencing anger, irritability, and depression related to unresolved conflicts in their relationships. Participants will explore the role of anger in their lives and relationships. Learn constructive expressions of anger, improve conflict resolution and communication, and begin the process of forgiveness and letting go. $25 per session. Call Kristin Blackburn at 994–1531.

Strategic Coaching for Effectively Dealing with and Recovering from the Divorce Process with Bob Egri • Jan. 14, Feb. 10, Mar. 9 or Apr. 7, 8:15–9:15 p.m. • This presentation outlines the seven traps (things people do) that insure longterm misery and the seven things you need to do to be able to recover and get on with your life. Cost is free. Call Bob Egri at 665–6924.

Photo by Linda Lawson

Erica Dutton is a professional nurse and therapist. She publishes a newsletter which is called *Living Successfully, Your Resource on Chronic Illness*.

Overcoming the Impact of Growing Up in a Dysfunctional Family and Having a Life that Works with Bob Egri • Jan. 12, 8:15–9:15 p.m. • This presentation describes the precise nature of the wounds suffered in dysfunctional families and what you have to do to overcome them. Cost is free. Call Bob Egri at 665–6924.

EMDR (Eye Movement and Desensitization and Reprocessing) with Bob Egri • Jan. 13, 8:15–9:15 p.m. • A powerful new Psychotherapy that shortens and deepens the treatment process. This presentation will describe the therapeutic process and review research on its effectiveness. Cost is free. Call Bob Egri at 665–6924.

Ten Keys to Making Your Intimate Relationships Work with Bob Egri • Feb. 9, 8:15–9:15 p.m. • Cost is free. Call Bob Egri at 665–6924.

Learning to Love Yourself with Bob Egri • Feb. 11, 8:15–9:15 p.m. • This presentation focuses on what is actually involved in really loving yourself regardless of what you have done and what has happened to you. Cost is free. Call Bob Egri at 665–6924.

Wilderness Awareness

Clear Print Tracking with Patrick Munson and Andrew Buesser • Mar. 14, 10:00–4:00 • What can you learn from a single track? $45 for adults, $35 for ages 12 and under. Call 761–6470 or 426–3047.

Pattern Tracking with Patrick Munson and Andrew Buesser • Jan. 10, 10:00–4:00 • Identifying animals by the pattern of their tracks. $45 for adults, $35 for ages 12 and under. Call 761–6470 or 426–3047.

Bow Drill with Patrick Munson and Andrew Buesser • Feb. 14, 10:00–4:00 • Learn fire by friction in the ancient way from materials collected directly from Earth. $45 for adults, $35 for ages 12 and under. Call 761–6470 or 426–3047.

Wild Heart: Living in the Wilderness with Patrick Munson and Andrew Buesser through the Exhibit Museum of Natural History • Feb. 6, 7:00–9:00 p.m. • A family fun night program featuring an introduction to skills for living in the wild used by indigenous peoples around the world and includes hands–on activities. Reservations required. $5 for adults, $3 for children ages 6–12 and seniors. Children under age 5 are free. Call the Museum at 764–0478 or 763–6085.

Womenspirit

Sacred Daughters with Jill Blixt • Mar. 21–22, 10:00–4:00 each day • Open to daughters of all ages, this workshop will explore our sacred feminine heritage. Through writing, image–making, movement, and ritual, we will give voice to our souls, redefine our self–image, and learn how to create a life that nurtures and honors who we are as women. $135. Call Jill Blixt at 662–0282 or E-mail jillblixt@aol.com.

Simple Abundance for Women with Dale Crayne • Wednesdays, Jan. 7–28, 6:00–8:00 p.m. • Gratitude, simplicity, order, harmony, beauty, joy. Explore ways to apply these principles from the book, *Simple Abundance* to your own life in a supportive group setting. $40–$80 sliding scale cost. Call Soundings: A Center for Women at 973–7723.

Women's Group for Spiritual Seekers with Dale Crayne • Second Mondays beginning in March, 6:00–8:00 p.m. • Learn to apply spiritual principles to everyday life. This monthly group offers an eclectic approach and ongoing support for your spiritual journey. $10 per session. Call Soundings: A Center for Women at 973–7723.

Spiritual Development for Women with Ann Schoonmaker • Thursdays, 10:00–Noon • Ongoing women's study group focused on the practical application of various books in the field by such authors as Caroline Myss, Deepak Chopra, Jon Kabat–Zinn, and Neale Donald Walsch. Join us and help with the planning. $1 per session donated to the Genesis Foundation. Call Ann Schoonmaker at 761–9044.

Women's Empowerment Group through Spiritual Growth with Dale Crayne • Wednesdays, Apr. 22–May 27, 6:00–8:00 p.m. • Empower yourself by applying spiritual principles to everyday life. Join us for group discussion, meditation, and self–awareness exercises in a supportive setting. $60–$120 sliding scale cost. Call Soundings: A Center for Women at 973–7723.

Singing the Sacred Emerging: A Women's Retreat with Carolyn McDade • Apr. 3 at 7:30 p.m. through Apr. 4 at 4:00 p.m. • Through singing, reflection, and simple ritual, we create a circle that calls forth our capacities to create, sustain, and celebrate lives intent on personal, social, and planetary wholeness and health. $75. Call Weber Center at 517–266–4000.

Menopause: The Change of Life with Bronwen Wildflower • Jan. 8 or Mar. 27, 7:00–10:00 p.m. • This workshop explores the meaning of menopause and presents some of the natural healing allies you can use to treat and heal common concerns and challenges of this transition. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Menopause, Gateway to Power: An Initiation with Bronwen Wildflower • Feb. 25, 7:00–10:00 p.m. • This Initiation is an occasion to formally claim our Power as we transit our menopausal journey. It is an opportunity to witness to ourselves and others our intentions for our Cronehood, our time of Elderwisdom, in the form of ritual and celebration. On this eve of the New Moon, on the eve of a solar eclipse, let us engage the energy of the sun and moon, and of the elements, to potentise our intent. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Menopause: Looking Deeper with Bronwen Wildflower • Four biweekly Tuesdays beginning Jan. 13 or four biweekly Fridays beginning Mar. 27, 7:00–9:00 p.m. • This class offers maps to wholeness as well as community with other women experiencing this transition. We will work within a framework of viewing menopause as a Gateway to Power that repudiates the deficit model of menopause offered by current medical thinking. We will explore interventions, plant allies, and healing activities that we can use to bring us through this transition to a life of "postmenopausal zest." $80 if prepaid one week in advance; $100 after that. Call Bronwen Wildflower at 769–9014.

> A clay pot sitting in the sun will always be a clay pot. It has to go through the white heat of the furnace to become porcelain.
>
> Mildred Witte Stouven

Being Woman, Being Goddess: Reclaiming the Grandmothers with Bronwen Wildflower • Feb. 1, 2:00–5:00 • This series of workshops offers teachings and ritual associated with claiming the sacred feminine and masculine within our bodies, our body-minds, and our body-mind-spirits as part of claiming our wholeness as women, and for the healing of the world. Reclaiming the Grandmothers works with our ancestress, our grandmother, the wise woman, elder, hag, and crone, for it is her knowledge and wisdom that draws us forward, whatever our age. Let us access that future self that is empowered, a woman who has successfully completed her spiritual transformation to become a Woman of Beauty, Wisdom, and Power. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Being Woman, Being Goddess: Conception, Birth, and the Infant Self with Bronwen Wildflower • Mar. 12, 7:00–10:00 p.m. • See above description. This workshop allows us to reconceive and rebirth ourselves, and offers deep nourishment to the Infant Self who carries the unfamiliar senses that we need to claim to be whole. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Being Women, Being Goddess: Girl–Child, Mother of the Empowered Self with Bronwen Wildflower • Mar. 29, 2:00–5:00 • See above description. This workshop takes us on a journey to honor our ChildSelf, to identify the qualities of our girlselves, to honor our strengths, and heal our wounds. It is a journey to claim our wholeness as human beings and Goddess children, and claim pleasure and strength in our bodies. $30 if prepaid one week in advance; $35 after that. Call Bronwen Wildflower at 769–9014.

Women of Power: Claiming the Indigenous Self with Bronwen Wildflower • Feb. 5, Feb. 19, Mar. 5, Mar. 26, Apr. 9, Apr. 23, 7:30 – 9:30 p.m. • A group for women in transition from victim to creatrix. The circle offers a time and space to explore, practice, and change. I will offer the map of indigenous selfhood, will hold the chalice of infinite possibility, while we stretch and grow and claim our rights and responsibilities as creatrix of our lives. $120 if prepaid in advance; $25 per meeting if paid at circle. Call Bronwen Wildflower at 769–9014.

Women's Self–Defense

Women's Self–Defense with Deb Fedon through U-M Uncommon Courses • Thursdays, Feb. 5–Mar. 19, 6:00–8:00 p.m. • Enhance your self–esteem and learn how to protect yourself. Become more comfortable with your body and build assertiveness, awareness, self confidence, and flexibility. Learn self–defense skills in a safe environment. $40. Call 764–7544.

Wicca

Magickal Foundation Skills I with Mateyo Empie • Thursdays, Jan. 8–Feb. 12 or Feb. 19–Mar. 26, 7:00–11:00 p.m. • An introduction to magickal practices of both the Old and New Worlds. This first in a series of classes of the Medicine Path includes grounding, creating sacred space, shamanism, setting psychic boundaries in relationships, raising energy, fire ceremony, vitalizing and repairing the aura, and other practical tools to joyfully heal and empower yourself. We will confirm what we know already with the wisdom of the ancients. $150–$210 sliding scale cost. Call Mateyo Empie at 663–5505 or E-mail Snakewillo@aol.com.

Work & Right Livelihood

Building a Business the Zen Way with Dr. Parang Geri Larkin sponsored by the Zen Buddhist Temple of Ann Arbor • Three Thursday evenings beginning Mar. 24 • This series of seminars is a training program for people who want to start and build right livelihood businesses. Call the Zen Temple at 761–6520.

Women of Color in the Workplace: Asserting Yourself with Carolyn Lewis–Stone • Feb. 11, 7:00–9:00 p.m. • Come together with other women of color to learn and share about ways to ask for what you need and want in the workplace. $5. Call Soundings: A Center for Women at 973–7723.

Athena: A Mentoring Program for Women with Anne Benedict • Fourth Monday of each month, 7:00–9:00 p.m. • Come together with other women to learn and share how to get the support you need to develop your career potential. Cost is free. Call Soundings: A Center for Women at 973–7723.

Job Hunters Networking Group with Laura Lies or Anne Benedict • Mondays, 10:00–11:30 a.m. • Meet with other active job seekers as you network your way to hidden job leads and gather support during your transition. $5. Call Soundings: A Center for Women at 973–7723.

Yoga

Yoga Class at the Zen Buddhist Temple • Six Tuesdays beginning Jan. 13 and Mar. 3, 7:30–9:00 p.m. • Traditional yoga postures with an emphasis on concentration, relaxation, and breath. $50. Call the Zen Temple at 761–6520.

Iyengar Style Beginning Yoga Classes with David Rosenberg • Using beginning yoga poses and techniques, we stretch, strengthen, and align body and mind. Yoga is great in helping back pain, mental stress, and increasing flexibility. Call David Rosenberg at 662–6282, Ann Arbor Community Education at 994–2300 (Ext. 233) or the YMCA at 663–0536.
Through Ann Arbor Public Schools • Saturdays, Jan. 31–Apr. 4, 9:30–11:00 a.m. • $45 for ten weeks.
Through Ann Arbor Public Schools • Saturdays, Apr. 18–June 6, 9:30–11:00 a.m. • $36 for eight weeks.
Through the Ann Arbor YMCA • Thursdays, Jan. 8–Feb. 19 and Mar. 5–Apr. 16, 4:00–5:30 p.m. • $61 for seven weeks.
Through the Ann Arbor YMCA • Sundays, Jan. 11–Feb. 22 and Mar. 8–Apr. 19, 2:15–3:45 p.m. • $61 for seven weeks.

Iyengar Style Intermediate Yoga Class with David Rosenberg at the Ann Arbor YMCA • Sundays, Jan. 11–Feb. 22 and Mar. 8–Apr. 19, 12:30–2:00 p.m. • See description above. $61 for seven weeks. Call David Rosenberg at 662–6282 or the YMCA at 663–0536.

Yoga for Kids and Parents with Ema Stefanova • Mondays, 5:30–6:30 p.m. • Yoga for the whole family in its wholeness – not just stretching – postures, breathing, relaxation, concentration, having fun, and sharing the experience. Call Ema Stefanova for cost at 665–7801.

Yoga Retreats for Children & Adults with Ema Stefanova • Weekends held January through April • Yoga sadhana practice, arts, and fun. Therapeutic yoga practice as well. Call Ema Stefanova for cost at 665–7801.

Yoga for Adults & Teenagers with Ema Stefanova • Sundays, 5:00–p.m. • Postures, breathing, energy and psychic gestures. Develops self–awareness and can be used as yoga therapy. Call Ema Stefanova for cost at 665–7801.

Energy Block Removal Workshop with Ema Stefanova • Weekends in January • A simple, traditional yoga series presented and practiced step–by–step to purify and strengthen the body, mind, and spirit. Call Ema Stefanova for cost at 665–7801.

Yoga *(continued on next page)*

Workshop Leaders,

Acala is a Tantric Master of the Nyingma Lineage of Vajrayana Buddhism.

Ann Arbor Practical Psychic Institute Faculty include: ***John Friedlander, Charlie Fiegle, Ray O. Golden and Anita McKay*** — (see individual listings elsewhere in this section)

Association of Labor Assistants and Childbirth Educators (ALACE) has offered a national training program since 1983 and has trained over 2,800 women to become professional Labor Assistants.

Astrology Study Group is an informal gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for nine years and a bodyworker for eleven years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodenosaunee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco and Ann Arbor for 13 years. He has also studied craniosacral therapy. His work has also been informed and influenced by seven years of training in Bodynamics, a body-oriented psychotherapy, originated and taught by Lisbeth Marcher and others in the Bodynamics Institute of Copenhagen, Denmark.

Jean Louise Balliet began her contact improvisation dance in the early 1980's during the brief time it flourished in Ann Arbor. An avowed generalist, she has researched and practiced creative disciplines including cranial-sacral bodywork, various stringed instruments and flutes, ceramics, yoga, internal martial arts, and landscape design/build.

Judith Banker, MA, founding director of the Center for Eating Disorders, has over 20 years experience in training, program development and clinical practice in the field of eating disorders and body image.

Sandra Baum, C.Ht. was certified in 1983 as a clinical hypnotherapist. She is a member of the National Society of Hypnotherapists, the International Society for Professional Hypnosis, and IMDHA.

Anne Benedict draws on 25 years of active involvement with women's issues.

Patricia Benson, OP, Ph.D. is associate director of Weber Center. As a theologian, she has ministered in ecumenical and interfaith settings, as well as directed a spiritual direction internship.

Rose Beres is a Reiki Master and intuitive healer. She is the owner of a business in Plymouth, Michigan, called *Ageless Wisdom.* The business' purpose is to restore physical, emotional and spiritual balance.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect. She also works with individuals, couples and groups on issues such as depression, anxiety, grief, self-esteem, anger and stress management.

Laurie Blakeney is a senior certified Yoga instructor who has been teaching since 1977.

Jill Blixt is a creativity coach, motivational speaker and working writer/artist. She has spent 30 years as a 'professional creative' in advertising and the visual arts. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Leo Booth is the author of When God Becomes a Drug and The God Game.

Barbara Boyk, Ph.D. is a clinical psychologist who has worked in the areas of psychological development, counseling, and psychotherapy for over 20 years. For more than 10 years she has created rituals and ceremonies for groups and individuals. She is also a student in the Professional Development Program of ALEPH: The Alliance for Jewish Renewal. Currently, she works in private practice as well as in a managed care setting.

Gerald Brennan is a composer, author and journalist.

Patty Brennan is a midwife, childbirth educator and homeopath with 15 years experience working with pregnant women and their families. She is co-author of *Guide to Homeopathic Remedies for the Birth Bag,3rd Edition,* as well as the new *Vaccinations: Concerns and Alternatives Sourcepack.* She also produced the homebirth video *Trusting Nature: Today's Traditional Midwife.*

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks is a professional performer and dancer. Her background includes training in emotional/physical integrative massage and bodywork, as well as a degree in Education from E.M.U. She has been blending the arts of teaching, performing and healing for most of her working life. Her goal is "to help reenchant our creative selves."

The Crazy Wisdom Calendar (CONTINUED)

Yoga (con't)

Swara Sadhana Yoga Class with Ema Stefanova • Thursday evenings • Movement and sound, simple and powerful yoga never taught in the U.S. before. Special opportunity for energy work. Call Ema Stefanova for cost at 665–7801.

Yoga Classes through Inward Bound Yoga Program • Winter Session: Jan. 26–Mar. 21; Spring Session: Mar. 30–May 23 • Various levels and instructors as listed below. Cost is $60 or $52 if taken with another class through Inward Bound. For general information or to receive a brochure, contact Barbara Linderman at 971–8562. For information on particular classes, contact instructors at numbers listed below. The classes are:

Yoga Level I with Cathy King • Thursdays, 5:55–7:25 p.m. • Designed for students new to yoga. Focuses on the basic standing, sitting, and supine positions with introduction to breath awareness. Also suitable for students recovering from injury illness who require a gentle approach to the postures. Call Cathy King at 517–592–8017.

Yoga Level I–II with Cathy King • Mondays, 6:00–7:30 p.m. or Tuesdays, 9:30–11:00 a.m. or Thursdays, 7:25–9:05 p.m. • Continued exploration of the beginning poses, while building strength, stamina, and balance. Beginning inversions are introduced. Call Cathy King at 517–592–8017.

Yoga Level I–II with Barb Linderman • Saturdays, 10:15–11:45 a.m. • See description above. Call Barb Linderman at 971–8562.

Yoga Level II with Lynette Smith • Wednesdays, 5:45–7:15 p.m. • Refinement of basic postures. Attention to backbends and inversions increased. Deepening focus on breath awareness. Call Lynette Smith at 995–0741.

Yoga Level II–III with Cathy King • Mondays, 4:00–5:45 p.m. • For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Call Cathy King at 517–592–8017.

Yoga Level III with Martha Laatsch • Tuesdays, 5:30–7:15 p.m. • For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advanced practice in coordinating strength, flexibility, balance, and mental awareness. Call Martha Laatsch at 930–0408.

Astanga Yoga with Jonathan Tyman • Ongoing Saturdays, 8:15–10:00 a.m. • Based on the classical Primary Series of sun salutations, standing poses, forward bends, and inversions. For experienced students. This is a drop–in class. $8 per session. Call Jonathan Tyman at 996–4549.

Wake–Up Yoga to Music with Barb Linderman • Ongoing Wednesdays, 7:30–8:30 a.m. • This series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and relaxation. This is a drop–in class. $5 per session. Call Barb Linderman at 971–8562.

Postures to Sacred Music with Barb Linderman • Thursdays, 4:00–5:45 p.m. • For experienced students, this class offers sequences of yoga postures integrated with chants and other sacred music. Especially appropriate as a supplement to a regular yoga class. Call Barb Linderman at 971–8562.

Yoga, Dance, and Natural Movement Winter Workshop with Cathy King • Call Cathy King at 517–592–8017 for details.

Traditional Hatha Yoga with Laurie Blakeney • Ongoing • Classes of all levels expertly taught in the Art and Science of Hatha Yoga. Students learn the technique required for a safe and satisfying home practice of postures and breathing exercises. Price varies depending on program. Call Laurie Blakeney at 663–7612.

Hatha Yoga with Ann Petrou • Mondays, Jan. 26–Mar. 2, 7:00–8:30 p.m. • Hatha physical yoga integrated with breathing techniques and relaxation for enhancing self–awareness. Wear comfortable clothing and bring a blanket. $60 for six weeks. Call Ann Petrou at 971–5683.

Hatha Yoga for Couples with Ann Petrou • Mondays, Mar. 9–Apr. 13, 7:00–8:30 p.m. • Six–week course integrating a time–honored discipline of physical yoga, breathing techniques, and relaxation for enhancing self–awareness. Bring a friend or significant other. $120 per couple for six weeks. Call Ann Petrou at 971–5683.

Teachers, and the Centers

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. Her current workshop emphasis is on unconditional love and opening the heart space. She also maintains a hypnosis and spiritual counseling practice.

Andrew Buesser is a carpenter. He is the co-founder of Wild Heart, which offers classes in wilderness living, awareness, and philosophy.

Sandra Bunnell is a jewelry and clothing designer, public relations consultant and psychic.

Glenn Burdick, MA, CSW is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. He has been a meditator for 21 years, and has 20 years of clinical experience working with stress, chronic pain, and chronic and terminal illness. He received advanced training with Jon Kabat-Zinn.

Justin Carpenter is a practicing bhaki yogi who, along with other yogis of the Bhakti Yoga Society, is "interested in living a fully spiritual life dedicated to happiness and love."

Pauline Cart has been a massage practitioner since 1959, and has taught massage for 20 years. She has been working as a healer for many years.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 12 years. For the past eight years she has lectured on meditation and spiritual practice throughout the Midwest and, more recently, in Ontario. She is coordinator for Michigan of the Oneness Home Peace Run, a biennial relay run that carries the torch of Peace throughout communities in the U.S., and of Team Peace, a program that takes the Peace Run to elementary schools.

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's Bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Sandi Cooper, MSW, CSW is Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor.

Dale Crayne, MA has been a teacher and consultant for 20 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Center is a dharma center of the Nyingma non-monastic tradition.

Nancy Crisp is a psychic counselor and has devoted herself to this work since 1988. She has studied with several well-known metaphysical teachers over the past 22 years and utilizes many healing modalities in her work. She lives in Saline, and travels throughout the U.S., sharing her psychic counseling skills.

Loren Cruden (Panther Rose) is an herbalist, midwife, teacher and writer. She has traveled extensively, and studied with many spiritual teachers. Among her books are *Coyote's Council Fire, Medicine Grove* and *The Spirit of Place*.

Jacqueline Davis-Green, MA, LLPC is currently working with behavioral health in Jackson County.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, to Paradigm Center for the Arts, to its present model, Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. For the last ten years, she has pursued movement as therapy.

Nancy Denenberg, MPT is a physical therapist and Certified Feldenkrais Practitioner®, with 10 years experience teaching individuals to live more comfortably. She works at Heartland Health Care Center and maintains a private practice at the Parkway Center.

Bill Downey and Sean Hogan-Downey are licensed marriage and family therapists in private practice. They are skilled in the art of relationship, and committed to working with couples.

Kathy Drabik is a Therapeutic Bodyworker practicing in Ann Arbor. In addition to her training in Massage Therapy, she has studied Breathwork Facilitation, Cranial Sacral Therapy, Polarity Therapy, and Reiki.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness or disability such as arthritis, lupus, MS, Irritable Bowel Syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She also has lived with chronic illness for 14 years.

Bob Egri, MA, CSW, LMFT is a psychotherapist & workshop leader with 25 years of experience. He works with adults, couples, children and teenagers.

Jonathan Ellis, a former co-owner of Crazy Wisdom Bookstore, is a spiritual director who meets monthly with individuals to reflect on the spiritual path of their own choosing. He developed a broad approach to spirituality in a variety of settings and is not now linked with any one spiritual group. He has written for the Deepak Chopra newsletter, Infinite Possibilities, and the Edgar Cayce magazine, Venture Inward.

Mateyo Empie has studied with many internationally known teachers, including Starhawk, Alberto Villoldo, Silver Ravenwolf, John Friedlander and Jim Said. She has practiced Inka shamanism, psychic reading, European and American ritual forms, and several kinds of healing modalities. "Plant and stone people continue to be among my most important advisors."

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System, offering training for all levels of Reiki. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for the healing quality of their audio meditations.

Linda Diane Feldt, RPP, NCTMB, NC is an experienced Holistic Health Practitioner, now in her 18th year of full-time private practice. She is a board member of The National Certification Board for Therapeutic Massage and Bodywork, Treasurer of the Board of Directors of The American Polarity Therapy Association, founder and coordinator for the non-profit Ann Arbor Center for Holistic Health and Traditional Wisdom, and Vice President of The Plexorium Foundation. In addition to numerous articles, she is the author of the book, *Dying Again: thirteen years of writing and waiting*, and the video and manual, *Massage: Learning to Give and to Receive*. She is currently at work on her next book, which will be about ethics in the bodywork profession.

Feng Shui Institute is the first national professional organization formed for the purpose of establishing standards of excellence, disseminating information and training professionals in the person/place connection.

Charlie Fiegle has studied metaphysics and healing for a number of years, including channeling and Reiki.

Nancy Fierro, CSJ is a lecturer, author and professional musician. Her work, *Hildegard and Her Vision of the Feminine*, is published by Sheed & Ward. A member of The Servants of St. Joseph, Fierro serves on the music faculty at Mount St. Mary's College in Los Angeles.

Bon Rose Fine is a member of the American Federation of Astrologers and owner of The Cosmic Computer—Astrological Chart Service.

Ryan Fiorenzi is the owner and head instructor at East West Martial Arts in Canton. He has been teaching T'ai Chi for seven years, and has a background in other martial arts and meditation.

John Friedlander is a nationally recognized psychic teacher, reader, channeler. He co-authored The Practical Psychic. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade.

Norma Gentile, B.M., M.M., is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her passion is to translate music from the inaudible realms into the physical world for healing purposes. Ms. Gentile has recorded two CD's of chant by Hildegard (available at Crazy Wisdom) and maintains a private voice and auric healing practice in Ann Arbor.

Michael Gillespie began studying Chinese martial arts in 1972, specializing in strength and physical conditioning.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Ann Arbor Practical Psychic Center.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity Therapist, and is the National Training Director of the Belavi Institute for Facial Massage. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Teachers, Workshop Leaders, and the Centers (continued)

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Leonard Jacobson is an Australian spiritual teacher and author, now residing near Ann Arbor. He has been conducting workshops and seminars for 14 years.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Jennifer Johnson, MA, C.H.T., is a Feng Shui consultant and instructor, a Reiki Master, a Reflexologist, and a Jen Shen Jytso Practitioner. Her Feng Shui practice incorporates her past experiences in business consulting, spiritual counseling, and real estate. She is also an ordained minister.

Tom Kabisch, DO is a family practitioner.

June Katzen, Psy.S. is an independent scholar of archetypal psychology, mythology and sacred wisdom traditions. She is an adjunct faculty member at the Center for Creative Studies, where she teaches courses in Archetypal Psychology and Mythic Wisdom. She also has a private psychotherapy practice in Berkley, Michigan.

Esther Kennedy, OP is a member of the Weber Center staff. She has an abiding interest in spirituality as expressed in Christian, Celtic and Eastern traditions.

Khepa is an American-born Tantric Master who teaches at the Crazy Cloud Hermitage. Khepa offers the powerful practices and skillful means of the great Tantric lineage of Padmasambhava.

John Kilis received his Master's training in the Usui and Tibetan system of Reiki healing in 1986. He began teaching at the Rainbow Gathering in Oregon in 1987. He has studied a variety of healing techniques and spiritual disciplines, and has taught on a diverse range of topics.

Jani King, born and educated in New Zealand, channels the Pleiadian entity, P'taah. Three P'taah books have been published, and King does public seminars, workshops and personal consultations in Australia, New Zealand and North America.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for over 18 years. She is featured frequently on TV, radio and in the Detroit News.

Alan J. Knight is a music director (17 years in the Catholic Church) with a master's degree in Church Music from the University of Michigan.

Dawn Koernke, C.Ht., is an Abusive Relationship Counselor, artist, mother, friend, seeker, traveler and guide. She is interested in helping people express and understand themselves through 'Heart with Art'.

Rob Koliner, D.C. practices Network Chiropractic Spinal Analysis in Ann Arbor and Lansing. He graduated with honors from Sherman College of Straight Chiropractic. He's been studying Network Spinal Analysis for five years with its founder and developer, Dr. Donald Epstein.

Pat Kramer is a midwife and OB/GYN nurse practioner with 20 years experience. She specializes in homebirth, infertility and women's health care. Healing modalities that Pat employs include nutritional counseling, herbs, homeopathy, essential oils, cranial-sacral therapy, and visceral manipulation.

Laurie Krauth, MA, LLP is a psychotherapist, media consultant, writer and former reporter for a major metropolitan daily newspaper and a freelancer for *The New York Times.* She practices in Ann Arbor and Livonia.

Mary Ann Kuszelewicz, MSW has been a clinical social worker for 10 years, and she currently works in Geriatric Health Services at St. Joseph Mercy Hospital. She has a strong background, and personal interest, in dreams.

Lynne Lande, MSW, DCSW is a clinical social worker who has been involved with Soundings since 1982. She is the originator of the Divorce & Beyond program and has led many divorce recovery support groups. She believes in women working together to develop strength and courage to move ahead with their lives.

Kami Landy is organizer of ConVocation, the annual gathering sponsored by Magical Education Council of Ann Arbor.

Carole Lapidos, MSW is co-founder *of Raising Strong and Confident Daughters.* She has 13 years experience as a social worker with families and older adults. She has extensive experience in community program planning and implementation.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She was a manager with Deloitte and Touche for years. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days,* and the recently published *Stumbling Toward Enlightenment.* A book review *of Stumbling Toward Enlightenment* is in this issue of **The Crazy Wisdom Calendar.**

Alison Lee, MD is a Board Certified Anesthesiologist and Pain Management Specialist with 15 years medical experience. She is the Medical Director of Barefoot Doctors, a practice focusing on acupuncture and botanical medicine.

Kevin Lee, MD graduated from U-M Medical School in 1987. He is Chief Resident in Neurosurgery at Wayne State University-Detroit Medical Center. His experience includes several years in General Surgery as well as surgical specialties.

Carolyn Lewis-Stone, MSW is an Ann Arbor psychotherapist in private practice. She has many years of experience lecturing and facilitating in the area of cultural diversity, and utilizes an eclectic combination of techniques to empower her clients.

Laura Lies, MS works as the Career Coach for Soundings: A Center for Women. She has a background in corporate recruitment and managing non-profit businesses. Networking, career change and exploration, and job search are among her specialties.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Darri Low has been working as a professional astrologer for 20 years; teaching, lecturing and consulting. For the past four years she has served as recording secretary for the board of directors of the International Society for Astrological Research. She is currently in practice in Bowling Green, Ohio.

Magical Education Council of Ann Arbor is a non-profit organization dedicated to the sharing of knowledge and experiences among people who follow esoteric and mystical religious traditions.

Gloria Marshall has been on a spiritual path, including the Native American teachings, for the last five years, studying with several Native American teachers. She has been leading 'Create a Medicine Wheel Dream Catcher' workshops for two years.

Alana Martin has been a certified image consultant since 1992.

Laura Massaro, MA facilitates *The Artist's Way, The Vein of Gold* and songwriting groups. She also teaches music, drama and movement to children. For 20 years, her emphasis has been on transformation and healing through music and the arts.

Karin Hoppe McDermott is a Certified Medical Hypnotherapist, a Clinical Close Encounter Therapist, and a Past Life Specialist. She is also 'a young gardener and an eternal philosophy student'.

Carolyn McDade is a composer, poet and songwriter. In 1992, she was awarded the Bread and Roses Award from Network, a Catholic Social Justice lobby, in Washington, D.C. She is a lover of sound and song, believing that the 'human voice speaking and singing truth has the power to transform our lives and society'.

Sue Webster McDonald, ACSW is a therapist and artist, who has attended Julia Cameron's workshops. She is an experienced *Artist's Way* and *Vein of Gold* facilitator.

Anita McKay is a Reiki practitioner and visual psychic who does readings and specializes in interpreting personal or group energy into abstract color drawings. She has a degree in fine arts.

Stephen McLean, DC has been a chiropractor in Ann Arbor for sixteen years. He is a trained facilitator in Somato-Respiratory Integration. For more about Stephen McLean, read the interview with him in this issue of **The Crazy Wisdom Calendar**.

Lynn Meadows, MA is a Feng Shui consultant and instructor.

Majida and Siddiq Middlebrooks have been students of Sufism and the Dances of Universal Peace for 15 years.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei from 1978-1979 and also at the Adam Hsu Kung Fu School in San Franciso from 1979-1991. He established the Great Lakes Wushu in 1992.

Kathleen Moore is in private practice as a certified music therapist, vocalist, percussionist, and voice teacher, with 15 years of experience. She is strongly committed to helping people find greater health and healing through voice and music-therapy.

Thomas Moore is best known for his best-seller *Care of the Soul,* but more recently he has authored *Education of the Heart, Reenchantment of Everyday Life,* and *Soul Mates.*

Brenda Morgan, Ph.D. has a 25 year background as a metaphysical healer and teacher, professor, spiritual guide and mentor. She is presently writing a book entitled: *Onward Through the Fog: Guideposts for Navigating Life.*

John Morris, Mdiv, Ph.D. is a Wiccan Priest, ordained in the Fellowship of Isis. In addition to counseling and shamanic work, he edits a monthly newsletter, *The Seeker,* for the Magical Education Council of Ann Arbor.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Kathy Mullins, LPN has 20 years of nursing experience. She brings to her work an understanding of health, and knowledge of the modalities of self care.

Patrick Munson, MD is an emergency room physician in Chelsea, a sculptor, and co-founder of Wild Heart, which offers classes in wilderness living, awareness, and philosophy.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

Phyllis Perry, MSW, MFA (in Screenwriting) is the founder of New Options Counseling, a clinical social worker and a writer. She specializes in careers, education, relationships and relocation. She also works with creative self-expression and journal writing.

Ann Petrou is a chiropractic physician, who uses the principles of Hatha Yoga to help strengthen muscles and improve posture. She has studied with Bernard Jensen and Dean Ornish. Her work emphasizes good diet and exercise.

Carol A. Plummer, MSW is a local therapist who has worked with child abuse and sexual assault issues for over twenty years.

Cyndi Power, a practicing shaman for 25 years, has lived and worked with shamans and spiritual teachers from many countries. She practices Shamanic Healing, Reiki, and Hawaiian Sacred Temple bodywork in the Detroit metropolitan area. She is also a certified hypnotherapist specializing in past-life regression.

Barbara Reid, MSW is a social worker in private practice in Ann Arbor. She has personal experience with the benefits of herbal health.

Jesse Richards is a performing and recording artist, the former Artistic Director of Sister Earth, and the current Artistic Director of Hundredth Monkey—Performing Arts Ensemble. She has been teaching vocal and dance workshops nationally for 16 years.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama. He is the founder of the Jewel Heart Tibetan Buddhist community, and he has graced the Ann Arbor area with his presence now for a number of years.

Sheila Layla Ritter, MA, LLP is the founder of ChangeWorks, a consulting and therapy practice in Ann Arbor. She has more than 15 years of experience as a therapist and teacher. She draws from many spiritual traditions and healing techniques in her work.

Rebecca A. Roberts, RN, MSW is a holistic health care practitioner and therapist. She specializes in career counseling, group facilitation and workshops. Her emphasis is on the exploration of meaningful work through the use of creativity, spirituality and typology.

Kathe Rogers, MA is a Certified Feldenkrais Practitioner® with 15 years of experience teaching art at the college level.

Phil Rogers has been teaching meditation since 1972 and shamanism since 1983. He has also composed and performed a variety of music for 10 years. He is currently exploring the interface between movement and music as an aid to embodying Inka teachings.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. Not too long ago he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Ann Schoonmaker, Ph.D. received her doctorate in theology from Drew University, and has also received clinical training at Blanton-Peale in New York City. She has been exploring the rich territory of transpersonal psychology and spirituality for over 30 years. She has over 18 years of experience in marriage and family therapy, and is a Master practitioner in Neuro Linguistic Programming, having trained with Leslie Cameron Bandler. She is the author of Me, Myself and I: Every Woman's Journey to her Self, as well as The Devil with James Bond.

Sue Schreiber is assistant dean of the Institute for Ministry, at the Sacred Heart Seminary. She is a photographic artist and musician with an interest in spirituality and the arts.

Mary Seibert, RN, BSN is a bioenergetic therapist, and has been doing bioenergetics for 16 years. She is a practicing nurse and has been trained in massage therapy.

Matruka Sherman, MSW has been a professional astrologer since 1973 and is a member of the NCGR & AFAN. She has been in private practice for over 20 years & teaches both group & individual instruction. She is also a psychotherapist and teaches meditation.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Linda Sinkule is a Certified Structural Integrator of the Ida Rolf System, and she incorporates Daleth Breathwork into her Rolfing work. She brings into her work a variety of other modalities, for which she also has been certified.

Judy Smith is a 4th year apprentice to Shaman Wisdom teacher Winged Wolf.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience. He is also a registered social worker with 15 years experience in crisis intervention.

Nancy Steel is a Reiki Master & practitioner, musician, teacher and mother of two. She has 21 years experience teaching all ages —kindergarten through college in public institutions throughout the country. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Paula and John Steele are Traditional Reiki Masters, and Karuna Reiki Masters, teaching and practicing since 1992. Their experience includes traditional Usui Reiki, Karuna Reiki, Crystal Healing, Chakra work and other methods of spiritual healing.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979. She has developed her practice under the guidance, and follows the teachings, of Paramahansa Satyananda and Swami Yogamudrananda (Mataji), both of whom are well-known Yoga Masters.

Judy Stone, MSW, CBT is a psychotherapist and nutrition educator who has been practicing and teaching in Ann Arbor since 1978. She founded and is the director of Feeding Your Whole Self™ and is the publisher of the quarterly, Eater's Digest. Judy's work centers around teaching people information and skills that help them nourish and heal themselves so they gain more health, vitality and pleasure in living.

Villabeth Taylor is a Certified Massage Practitioner and a Certified Trager Practitioner. She has practiced therapeutic massage and The Trager® Approach in the Ann Arbor area since 1979, and her practice also includes Reiki II.

Steve Thiry, MD is a Family Physician and Associate Head of the Department of Family Practice at St. Joseph Mercy Hospital.

Mary Tillinghast has been manager of Castle Remedies for 14 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has also worked with Dr. Ed Linkner as a medical assistant, and under his guidance has had hands-on training in the use of homeopathic medications.

James Uhl, PsyD. is a Jungian psychotherapist in private practice in Toledo, Ohio. His interests include instructing individuals, families and groups in the art of working with their dreams to unlock their hidden potential.

Lora Vatalaro is a psychologist in private practice. She has had a healing practice for 14 years and a psychotherapy practice for 10 years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 17 years of experience in the healing arts including 10 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past four years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Bronwen Wildflower's formal training includes a Ph.D. in Botany, more than 20 years of teaching at the College and University level, and 12 years of working as an holistic teacher/healer. She now works full time as a spiritual teacher/healer, a translator between worlds, and as a spiritual midwife. For more about Bronwen Wildflower, read *The Crazy Wisdom Interview* with her in this issue.

Sally Wisotzey, MSW, co-founder *of Raising Strong and Confident Daughters*, is a psychotherapist specializing in issues of adolescence, as well as issues of grief and loss. She has 22 years experience working with families, teens and parents, and schools.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. Her unique approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is currently a leader in the Great Lakes Pathwork community. She is also a musician and a mother.

Isabelle Yingling, MLS has been teaching group and private classes in the Bradley Method for 9 years. She has served as a labor assistant for about two dozen births over that same period of time. She is the mother of five, and recenty completed her Masters Degree in Women's Studies.

Betty Younger, ACSW is a psychotherapist and workshop leader who has created her own business, *Creating Results*, and taught *Create Your Life* skills for the past eight years. She follows the Agni Yoga path as well as other Higher Energy work, and she is certified by Robert Fritz to teach.

Wasentha Young is the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970, and was certified as an instructor by Grandmaster William C.C. Chen in 1974. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Application, Chi Kung, and Meditation. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Susie Zick is a Naturopathic Physician practicing in Ann Arbor. She has presented educational seminars in nutrition and medical herbalism since 1992. Dr. Zick has a background in homeopathy, as well as with soft tissue, hydro, physio and botanical therapies.

Confidentiality

By Linda Diane Feldt

As Bodywork, Therapeutic Massage and Somatic Practitioners we are expected to abide by a Code of Professional Ethics. In most situations this is not optional, it is required for most certification, licensure, and membership in professional assocations. Violations need to be brought to the attention of professional associations (e.g. The American Massage Therapy Association, The American Polarity Therapy Association, the National Certification Board for Therapeutic Massage and Bodywork) concerned with that individual's scope of practice. It is part of our responsibility as professionals in the field to come forward when we are aware of violations. Most codes of ethics state that all client information is private unless the client gives permission for you to share that information. If you want to use information in reports, as examples, write an article, etc. permission must be obtained from the client, or the information must be well disguised so that no real person could possibly be connected to it.

In addition, certain states have requirements on keeping records, sharing of client information and may require you to report information to state agencies under special circumstances. Many states require any type of therapist to report suspected or confessed child abuse. You may be required to take certain action if your client says they have committed other crimes, or if they are suicidal. If you don't know what is required ask therapists you know, your elected state representative may be able to give you information, or related professional organizations might have information or know how to find out.

Although legally bound to adhere to confidentiality guidelines, we do have the choice and responsibility to address this issue with clients and to use the guidelines in a way that empowers them and their growth process.

Although it isn't always specified, obtaining written consent is usually the best idea when sharing client information and may be legally required in your area. From a practical standpoint, if it is written down there is less chance of forgetting or misinterpreting what your client wishes. The client may always specify what they feel comfortable including or excluding as you share information. For example, I had a client who told me to share anything I wished with his therapist, but that he would not give consent for the therapist to give me any information about what the two of them discussed. The arrangement was still very helpful for all three of us. Other clients have specified that they would like a short oral summary each time I spoke with a person they had given me permission to speak with.

The ease with which confidentiality can be unintentionally broken was demonstrated to me one day nearly15 years ago. My client has given me permission to tell this story as an example, but without using her real name. I'll call her Wendy. Wendy needed some complex nutritional assistance, and I suggested a referral to a nutritionist. I told her I would call the nutritionist first, to confirm that she would help my Wendy. The next day, I ran into the nutritionist standing in line at the local whole grain bakery. I began to tell her about Wendy, without mentioning her name, when the person behind us in line exclaimed "Oh! You must be Linda Diane Feldt! You're talking about my friend Wendy." Fortunately, Wendy laughed when I told her what had happened, but it could have been a terrible violation of her confidentiality. I have been more careful ever since.

Although we are legally and ethically bound to respect confidentiality, is client confidentiality necessary? If we pledge to help our clients, how does confidentiality help or hinder the healing process? Two of my friends and teachers who have "radical" ideas about confidentiality are Susun S. Weed and Patch Adams. Susun collects stories from all over the world, and repeats them - with gusto - including names and frequently very personal information. She is an herbalist, and her ongoing training (and teaching of others) relies heavily on hearing and sharing stories and information freely so that we all can learn. She doesn't retain information for profit or power, and I have always been free to ask - or tell - her anything about everything.

Some of my students have come back from a workshop with Susun having heard her stories about me, and things I have shared with her from my personal healing work with her. This is an understood part of our relationship. She has never revealed anything I asked her to keep confidential, yet she encourages the use of information to benefit others. In our ten year relationship as a teacher and friend I have heard her relay other's stories always with the greatest respect, and honor.

Another friend and special teacher is Patch Adams M.D. He is a pioneer in the field of silly medicine, he is leading a group of people who have developed a way to give away health care by establishing a free hospital. Patch also travels worldwide, including giving lectures at medical schools and performing as a clown in Red Square in Moscow. In his wonderful book "Gesundheit" he says: *

"Under the present system, whatever is said and done between doctor and patient is totally private, never to be shared with others. This privacy is considered sacred in the medical profession. But often pain, especially very deep pain, can be relieved if shared, whereas 'privacy' may reinforce or enlarge the weight of a secret burden. We humans need one another, fundamentally, for our survival.

At Gesendheit, we want to move toward minimal or no confidentiality in the healing interaction...If we did not do this in the context of community and friendship, our policy would be destructive; but in the context of Gesundheit, this intimacy has often truly relaxed a pain by spreading it around.

We will, of course, respect the wishes of our patients while communicating our sense that openness can be an important part of a healthy life. This surrendering of privacy is a cornerstone of friendship and an antidote to loneliness. ...many patients have seemed relieved at being able to share themselves with so many, especially in the context of daily life in our community- child care, maintenance, agriculture, meals, crafts, and play. This practice helps a person act naturally around strangers and quickly feel at home, unlike the experience of a patient in a hospital.

....To me, [story telling] is the magic of medicine: healer and healee go on a deep personal journey by telling stories. ...Confidentiality makes intimacy much more difficult - a lie in fact. We are a tribal people who need community. Human beings need a collective that knows and loves their stories. If one has a safe place to practice this kind of honesty, then maybe one can continue it in daily life

.....The overwhelming loneliness of modern society dictates that we try to break this shell of secrecy. We need to join hands and hearts, to value our vulnerabilities, and to surrender ourselves to one another."

This heretical view (Patch's word choice) includes the practitioners exhibiting openness about themselves as well - an idea that also merits closer consideration and care as it can be used or abused within the therapeutic relationship.

What Patch refers to and what Susun has developed are close communities in which information can be exchanged and people who have some commonality of purpose are sharing themselves. The twelve step programs utilize this approach, anything can be disclosed while at the table, what occurs or who was there is held in confidence once the meeting is over. Within that framework, confidentiality is rarely an issue. And of course, all sharing is generated from the person, no permission needs to be obtained from a therapist or doctor.

The process of obtaining permission for release of information can be a powerful and positive experience for the client. He or she is acknowledged as having a valuable story to share, and can be part of the crafting of that story since they won't be the one to tell it. Awareness of his or her rights, and the therapist's responsibilities to him or her is helpful to the relationship.

There can also be problems when clients allows free access to their history. Much of the powerlessness in being involved in the conventional medical system is that everyone has access to your stories, people whom you have never met, and you're constantly confronted by their interpretations, what someone else has written down, and judging by the number of times that the same questions are asked, much of what you've told various people isn't heard or acknowledged. Most of my clients describe this experience as demeaning and frustrating. Add to this that the medical profession requires its practitioners to be removed and unfeeling - one of my friends training in psychology told me he wasn't allowed to answer the question when a client asked him when his birthday was - and it's no wonder that medical malpractice is at an all time high and that so many dread any encounter with conventional medicine.

It would appear on the surface that too much openness and freedom can be dangerous. While working at an alternative counseling program more than fifteen years ago, I saw how clients can be preyed upon by unethical therapists. Sexual coercion or inappropriate suggestions, bad therapy, forming friendships that are inherently unequal, and other examples all come to mind. Rather than prevention by strict rules about the therapist always needing to be removed and untouchable (literally in many agencies and modalities) a greater sense of openness, where the clients feel free to share their concerns about how things are going, may help. It is also essential that the practitioner is working within a community of people who can sense when something feels wrong, and watch for relationships that may be abusive and may then be able to prevent such abuses from occurring. A practitioners who participate in regular clinicing or supervision sessions and who are aware of some of the "red flags" of a client/practitioner relationship will be less likely to act in a way that is damaging to the client or to themselves.

The question of confidentiality and how and when stories can be told says a lot about our current culture and sense of community. Although legally bound to adhere to confidentiality guidelines, we do have the choice and responsibility to address this issue with clients and to use the guidelines in a way that empowers them and their growth process. Secondarily to that, we can regularly use the individual and collective wisdom or our peers and mentors in understanding the complexities of client/practitioner relationships and what our personal work needs to be..

Linda Diane Feldt is currently working on a book about ethics in the bodywork profession.

**For the purpose of this article, permission was freely given by Patch to quote extensively from his book* Gesundheit, *Healing Arts Press. For information on* Gesundheit *please call or write* 1630 Robert Walker Place., Arlington VA 22207, 703-525-8169, http://www.well.com/user/achoo/index.html

Videos of Patch speaking are available from this author, all proceeds go to Geshundheit.

The Crazy Wisdom Interview — Bronwen Wildflower

on Herbs, Homeopathy, and Spiritual Midwifery

Photography by Linda Lawson

When I was casting around for someone interesting to interview, a number of people I asked suggested Bronwen Gates, who changed her name this year to Bronwen Wildflower. Bronwen is a spiritual midwife and healer, who uses homeopathy, herbs, flower essences and other modalities to assist her clients in healing themselves.

Bronwen was an absolute delight to interview. She is articulate, her storytelling is rich and meaty, her expression is lively and deeply felt. She is quite beautiful, with grayish hair, sparkling blue eyes, and a certain zip, energy and grace. And there is that charming British accent.

I met with Bronwen on two cold days in November. She lives with her daughter, Ruth, in an older home not too far from the Zen Temple and Burns Park. She also has two sons, Fred and Edward. She made me some barley tea, and we sat in her dining room. The walls of the room were covered with neatly arranged mementos, cards and artwork. The space felt warm and alive, and we were joined during the interview by her cat, Tiger, and her dog, Ann. Ann, in particular, didn't want to miss anything.

BZ: You have a lot of personal and interesting things on the wall.

Bronwen: Yes. It's not a Zen style of furnishing [laughs].

BZ: I'm a collector and I like pieces that have meaning for me.

Bronwen: Yes. I like complexity in my life. And everything - everything - on my walls has a story. And I move them around. I also have a tendency to get attached to things. They stay up sometimes longer than they should. And I'm aware of that and I work with it - I do move things around. But there are some things that have ongoing meaning, and of course you keep those up. Here's some paintings that my daughter did in first grade. They got picked out, who knows how arbitrarily, but I work with them. Part of what I do, Bill, is I work with everything in life as having meaning. Now, you have to be selective. You wouldn't get to the front door if you spent too much time [laughs]. But the paintings have developed more meaning as time has gone by for me. And my daughter sometimes says, "Why do you keep them up there?" And we talk about it for a bit and they stay up there.

BZ: Well, you look at the same thing from different perspectives as you move along, and as she moves along.

Bronwen: Yeah. And it's really part of that metaphor of seeing how there's always unfolded meaning in everything. And you can start anywhere and it will tell you what you need to pay attention to and what the issues are in your life. It's just so much fun to do it that way. And it's the opposite of my whole educational experience - my formal educational experience. I mean, I have been educating myself since square one and actively educating myself long after my formal education.

BZ: Well, you refer to that in the very introduction to the brochure describing your classes. The whole brochure was wonderful and poetic and you write "I was born knowing. I did not know how I knew what I knew. I just knew. There was no support for this way of being. No instruction available to me on how to live with my knowing as a child, or how to grow with this knowing into an empowered woman." So that's what you're starting to talk about.

Bronwen: Yes. It has been such a truth. This was a statement that has taken a long time coming. When I wrote it, it happened totally effortlessly. I woke up one morning and it was there. And I came down and put it in the computer. It was a whole process of coming out and admitting that this is who I was. Still with very little cultural support for being who I am, but at this point saying, "This is who I am; this is who I came to be," and the world is a richer place if each of us will do that journey of finding out who we are, and being willing to be who we are because that is the gift that we bring to the world. We bring the gift of being who we are. This gift of knowing is a funny gift. You know things. You don't know how you know them. You just know things.

Now, I have some structure for understanding that more. But as a child, I would know things and say to my parents I knew they were lying, and this kind of stuff. Of course that was not the popular approach. And also in school I would know things that the teachers would say I couldn't know. And so what was set up was this feeling that there was something wrong with me, because I must be lying. Because I couldn't know it. Everyone was telling me I couldn't know it.

BZ: Well, to some degree, this is part of the state of being a child.

Bronwen: Yes. It's very much the state of being a child. And that is I think what my little piece of the puzzle is about. There was such wisdom in the child. Now what there isn't is a deep understanding of social skills and all of those other things that allow the knowing to be integrated in an appropriate way so it's not about let's all become children again.

BZ: But how to tap into the knowing.

Bronwen: How to tap into the knowing. The child is closest to Spirit. And then we can grow back into that. And so my focus is on supporting people in reconnecting to that. We're all knowing. It's not just my knowing. I can offer that sometimes. Sometimes I can give them a little nudge and say "Maybe you need to look over there." But ultimately we're more empowered when we go through our own knowing and to really recognize that it's inside of us. So one of the things that I've been playing with is, how do I describe what I do and there's lots of words you can use. One of them that I really like is to talk about being a midwife - a spiritual midwife. Birthing people into a more expanded understanding of who they are. I realize that if I put out into the culture that I'm a spiritual midwife, I'm not likely to get a lot of calls, at least through the mainstream.

BZ: People will ask you if you're licensed [Both laugh]. You remind me of a friend of mine in town who was for a time trying to think of a way to describe the spiritual counseling that he does. And I guess in the Catholic tradition there are spiritual...

Bronwen: Directors.

BZ: Yes. Directors.

Bronwen: That was a totally foreign concept to me when I heard that. And I thought what a wonderful idea. There was nothing in my bit of churching, and I don't want to say this is not present in the Church of England, because I just read something yesterday about a woman who was Episcopalian and talked about a man who was her spiritual director, so it was like, "Oh, you mean it's in the Church of England too?" But I grew up in a very wounded piece of the church, and that's all you know. I'd always been a good learner, a good observer of what's going on and trying to make meaning out of it. That's been a very strong part of my life path. And I looked around and I'd check everywhere I could and there was nothing that suggested the things that spoke to my heart most deeply had any validity.

Because I had, as I think many children do, a very natural connection to the plants and animals. They were my friends. Of course, they were consciousnesses. How could they not be? And the fact that family and friends didn't get that didn't matter. I didn't talk about it very much. But my education became subtly, and then subsequently not so subtly, disempowering of that awareness.

BZ: I wanted to, and I did, save all of my earliest children's books, and wanted many of the objects from my family's home when my parents moved, because I knew that the four-year-old in me could get access to the magic just through some of the objects.

Bronwen: Yes. That's very smart. We don't realize the potency of objects of association. And there are some things that, before I understood this, got destroyed, or were given away, in my parents' home, that I regret. But then I can conjure them in my mind and get to them through the window of my mind. So I don't actually need the physical object. But I can still get some angst out of that if I want to. [Both laugh].

BZ: You're talking about the magic and the consciousnesses that are imbedded in everything that you notice when you are young.

Bronwen:. Yes. It's a very populated world. And I think that we overstimulate children and young people so much by taking them to too many places, and you just go into overwhelm, and then your learning ability is impaired. I mean, it's there, and you can reclaim it at some level, but you need time to really digest what's going on. I'm very grateful for the fact that, despite some of the things that were so challenging in my environment, the British sense of time that I grew up with was this very nonlinear time. Somehow, I was just allowed to hang out, and then, at intervals, I'd get called in to eat. It was a very nice grounding in the sense of life as an adventure. Rather than being taken places. You never got taken anywhere. Sometimes my dad took us on walks, but then you always left from home. Occasionally we got on a bus and went somewhere. And my dad had a little seat on the back of his bicycle, and sometimes we went out that way.

But usually you went places from home. So one of the things that became internalized very deeply was this sense of coming home and then going out and making forays, rather than the disjointedness that a child gets when they're put in a car, which is like going in a time machine, and then you arrive somewhere, and you have no sense, especially if you're in one of those little car seats, you have no sense of how you got from there to here. Or here to there.

BZ: I see that in my day to day life. If I walk into town, or to Crazy Wisdom, as opposed to driving, it's a different consciousness for my day.

Bronwen: Yes. And, we need to work with both. But what I'm concerned about is that many children don't get given the other. They don't walk around their neighborhood. It doesn't ever occur to their parents to walk just around the block to see the adventure where they live. In American culture in general, people don't walk. Except for fitness and exercise. They turn it into a chore, instead of checking out their environment. And then there is this time-capsule phenomenon, another way that we have to be in the world. We have to become cognizant of becoming these little beacons of consciousness that are the only piece of continuity throughout our lives. That when I go from here to wherever I go and then meet up with somebody there, and then go somewhere else and meet up with someone else, I'm the only continuity between those events. And it's like you are in a little time-capsule, carrying your consciousness from place to place.

So I'm not saying it's all bad for children to have that experience. It's part of the training. But they need both. We all need both. It's like our experience of time. I still tend to have these circular clock faces because I like something about the circularity of time, but there's also such a metaphor in the fact that we have these digital watches now, because one of the things that they do is get us tuned into the idea that the only time there is is now. And so it was time for digital watches. [Both laugh].

BZ: That's putting a positive spin on them.

Bronwen: Yes. We have to do that. This is one of the things that I've worked so hard on because all of us get a lot of fear internalized as we grow up. And then once we've got the fear, we will then project that onto new stuff. If we have a new experience that's frightening, then we're going to feel less comfortable having a similar new experience, because it already comes charged with fear. I think many of the people that are around now have internalized, for one reason or another, this fear of technology; we are real skeptical and afraid of technology.

I had an opportunity to work with a Native American woman in Northern Michigan. And one of the things that I learned from her was this incredible openness that she and her family, (who were all full-blooded Native people,) had to new experience. They didn't have the judgment, the sort-of attack dog of the psyche in place in the same way. Now I'm not saying this family wasn't wounded. They were deeply wounded from the oppression of their peoples and all of that stuff, but they still had that energy, and I watched it and was very intrigued by that. That they saw something that worked better, and they were willing to go with it.

Now the counterbalance of that, in our culture, is new is always better; let's toss out the old. So it has to be in balance. It has to be done within a consciousness that says, "What is the impact of the decision for me to move to this new thing rather than using the traditional approach?" We must look at the folly of many of the choices that we have made that are related to what might be called time-saving. Because it's time-saving in the impulsive sense; it's not time-saving in a long term sense of purpose and planning.

BZ: There's a sense that a newness is a substitute for finding the adventure in what is around you, that there is new experience, even if you have been in this room a hundred times before, or been in your yard a hundred times before.

Bronwen: That's right. Or a million times. It is never the same twice. I've valued all that I learned by being trained as a scientist. Being trained as a biologist. Even at the same time, I have moved into a mode that many mainstream, professional scientists reject and it's the discipline of allowing things to be new, to be created in the present. There's a sanity to our lives from working within the framework that there is replicability. If you work with the truth that everything is being created here in the present it's hard to function.

BZ: It might be helpful to our readers to talk in a linear fashion about your background.

Bronwen: Where do you want me to start?

BZ: You are a Ph.D.?

Bronwen: OK. Let me do a little background. I told you already how much I connect with the natural world. When I was in elementary school I would tell my teachers that I liked plants and animals, and at that point, my teachers would say, "Oh, then you should become a biologist." So then when people would ask what I wanted to be when I grow up, I would say "I want to be a biologist."

BZ: Starting at age eight or nine, or six or . . .?

Bronwen: About eight or nine. Well actually, I wanted to be a farmer, but you couldn't be a farmer if you were a girl. That was just a joke. So I went all the way through high school with that intent, and the British educational system back when I was growing up was very formal so that you had to take these national tests and you had to choose when you were fifteen what you wanted to do at the university level. And I always said, "Well, I want to do biology." And then the school I was at had a very limited curriculum. And it was prescribed that I take chemistry and biology. That was it. From fifteen on, that was all I studied. And then I applied to Cambridge. Because I was good student. If you were a good student, then that was the place to get into, Cambridge.

BZ: Where were you brought up?

Bronwen: I was brought up in a tiny little town called Heyham, which is on the Irish Sea, it's just south of the lake district; it's just an exquisitely beautiful part of England. And the Isle of Man is just out in the Irish Sea across from us and the boats used to go across to the Isle of Man and Ireland from Heesham.

So I applied to Oxford and Cambridge, and chose to go to Cambridge, and this is a big deal in my community. In some sense it was the worst thing that could have happened to me, because Oxford and Cambridge are very upper-class institutions, and I was small-town, had the wrong accent, very inexperienced. So I went to Cambridge and studied natural sciences. And really, it was such an uncomfortable environment for me. Now, you know, I'm British. I was brought up in a household that, as far as I knew, emotions didn't even exist. They were not talked about - we didn't have emotions. We each lived these little private lives. My father was opposed to talking, and so I didn't have any vocabulary for describing anything that I was feeling, or even to know that I was feeling something. This is where I was coming from. And Cambridge was just a very hostile environment, emotionally, for me.

I love the learning. I love to learn things. I mean, it was fascinating information. Cambridge back then had twenty-six times as many men as women, campus-wide. So there were these three little women's colleges, stuck out on the edge of town. We were like these freaks, or whatever. You just got so much stuff projected at you. Plus, most of the men at Cambridge had come from private schools, and they had been in single-sex institutions, so that females were really the "other" in a lot of very strange ways. And I was also in the sciences. But I didn't question any of this. My whole life up to then had been about doing as you were told, going where you were put, and making the best of it. That was what my schooling had been like. We sat in these seats in silence, in allocated places, and didn't speak. It was a very rigid system that I'd been brought up in. So I didn't question it.

BZ: It was rigid for the young men, and it was rigid and peculiar for the young women, and a young woman in the sciences.

Bronwen: Yes. And a lot of my energy went into dealing with the emotional environment, without me knowing that was what I was doing. But I looked at what the options were for myself. Now I'd always said I wanted to be a teacher. My father was a teacher, and the way you often don't think about it, but you choose to do something that often is like your father, so I thought, "OK. I'll be a teacher." And yet I began to have a sense that maybe this wasn't challenging enough. I wanted to learn, I loved to learn so much. There were very few women who went into higher education at that point. And they were the freaks. It was really clear that it would be a choice of doing something intellectually stimulating, or to have a family, or a husband, or any of the other things that were important to me.

So I continued on with the idea of becoming a teacher; then I had to go to a one-year postgraduate certification program to learn how to be a teacher. And I did that in London. And it was one of the most dreadful experiences. You just sat there, listened to these lectures, did the exams, came out at the end with a certificate. You had a little bit of instruction, supposedly on how to teach a discipline. But I basically came out just having no more information than when I went in. And I started teaching, in London. In the city of London. In the first year that the Labor government came to power in many, many years.

BZ: 1966 or '67.

Bronwen: Yes. 1967. Very good. And the first thing they did was get rid of this abominable exam called the 'Eleven Plus', where you took this exam when you were ten years old, and if you flunked it, you got sent to a school that guaranteed you would leave school at fifteen and become one of the dropouts. . . Just horrible. And the Labor government abolished it like that. But that was the year I started teaching. So I got to teach at a school that for the first time, together in the same classroom, were kids who had been in these separate schools. And they put them all together in mixed ability groups and there I was, I knew I didn't know what I was doing. I knew my biology. But I didn't know how to teach. And it was also in an area with a very, very high immigrant population.

> "Indigenous wisdom. The significance of this phrase that I've chosen to describe my work is because it is about claiming the wisdom and authority vested in each of us."

BZ: Pakistani immigrants, or. . . ?

Bronwen: Oh, such diversity. If I had known how to appreciate that, it would have been wonderful. But I'd come from the north of England, where there wasn't any diversity, and here I was with all these interesting and wonderful people. I didn't know much about them, but my job was to teach them biology. There was Turkish and Greek Cypriots, there were West Africans, East Africans, Pakistanis, Indians, Caribbean nation people; it was just amazing. I mean, sixty or seventy percent of the population of that area was immigrant. It was just fascinating. And I loved living in that area, because I lived where I taught. And there were all these wonderful restaurants, but I was frustrated. Some of my students didn't speak English. I didn't know what to do about that.

BZ: It takes some special skills to be able to teach biology anyhow. It's not an easy thing to teach.

Bronwen: Yes. So I did this for four years. And then I was not feeling good about myself. Because I didn't feel I was serving my students. I loved biology and wanted people to love biology as much as I did. And yet I just felt that I wasn't making a good match, in some sense. And this is when fate, in some sense, stepped in. I met an American, who invited me to come and live with him in the States. And there are a couple of other things that had gone on. I had had a very disastrous short-lived marriage in England that had made me want to not be there. And then I didn't like teaching. And the way I experienced it (this may not be true, this is part of my class viewpoint and my family viewpoint) I felt that because I had chosen this path of being a teacher and that the government had paid for my education, that I had to, you know, lie in the bed that I'd made, and be a teacher for the rest of my life. And I knew I couldn't do it. I couldn't, I felt incongruent, and I wasn't willing to be not good. And I *hated* the class system. Something like that. So I thought, "Well, anything would be better than this." [Both laugh]. This is someone who, when I was a kid, my parents were rather timid people and never went anywhere.

BZ: On the bus occasionally.

Bronwen: Yes. On the bus occasionally. We didn't even get a car until after I'd left home. So I had never imagined myself traveling anywhere, but I had begun to travel. I had begun to see that that was interesting. In fact, I spent a summer in the States. The year I graduated from Cambridge, I went and worked as a camp counselor at a Jewish summer day camp in the Berkshires. Now, this says something about the prejudice in England, because, you know, I'd been brought up in this Christian culture, and I'd learned my bible stuff, but as far as I knew, Jews did not exist. There must have been Jews in my hometown.

BZ: Maybe not in a small English town.

Bronwen: I don't know. Well, the city that I went to school in was not so small. I was brought up in Heysham, but I went to school in a town called Lancaster, which is the county town. It wasn't huge; it was probably about 40,000 people.

BZ: Large enough that there would be some Jewish population.

Bronwen: Yes. And before I went away to college, there was beginning to be a little bit of ethnic diversity because an Indian restaurant opened in town, and a Chinese restaurant. And I'm sure it wasn't comfortable for those pioneer individuals.

BZ: So you landed in a Jewish camp in the Berkshires. I went to a Jewish camp in the Berkshires. So many New York kids do.

Bronwen: This was astonishing to me. I mean, talk about culture shock. That whole summer was such culture shock. I could talk for days about my experiences there. My eyes were as big as saucers, and yet I was put in charge of a bunk of little kids, the six to nine year olds.

BZ: They must have loved the nature walks with you.

Bronwen: Well, they didn't set up any nature walks. [Both laugh].

BZ: Well, New York Jewish suburban kids aren't brought up to like nature. At least I wasn't.

Bronwen: Oh. Is that it?

BZ: Among other issues.

Bronwen: There was one thing that kept me sane: the lake. And the kids had to take a nap after lunch, and the counselors had free time. I swam, and it was such a new experience. I'd been brought up on the seaside, and England is cold; even in the middle of summer, the lake and the water is likely to be sixty degrees at the most. And here, to me it was like bath water. If I hadn't had that, I don't know whether I would have made it. It was so bizarre.

BZ: They have Tanglewood and some of those other places too.

> *"For some people, going to an art museum and looking at a painting is as nourishing as eating dandelion root."*

Bronwen: Yes. And I left that experience saying I am never coming back to the States. And then, you know, four or five years later, here I am.

BZ: Take the other side of that: little girls at that age must be very impressionable, and they must have taken to you.

Bronwen: I don't know.

BZ: So you came back a few years later to live in. . .

Bronwen: Yes. To live in New York City. So I guess I got hooked. I got hooked by my sense of adventure, I'll call it. Now, nobody in my family was thrilled about the idea of me going to New York City. But I did a lot of thinking before I came. New York was fabulous. Because I was living with a New York-o-phile. This guy loved New York. And he was doing this sort of hippie drop-out number because of the Vietnam war. I'd met him in England. This is a brilliant Jewish kid who had got a Woodrow Wilson scholarship and had been at Princeton and decided he wanted to have nothing to do with the mainstream. And I knew nothing about that whole stuff. He was a nice guy. And I was willing to come. I came and visited before I decided to come: I thought this can't be worse than where I am. I'm ready to leave London; I'd been there five years. Let's check it out.

And he was trying to make a living as a poet and a carpenter. Now this guy had no aptitude as a carpenter. Even I could tell that. And it was really kind of funny. And he of course wasn't making anything as a poet. [Both laugh]. So he had all the affectations, and he really was a wonderful human being. Anyway, I started to look for something that I could do. And I knew I didn't want to be a teacher at that point, because I didn't know how to teach. So I initially got a job at the Natural History Museum as a volunteer. Which I loved — all those elephants and stuff. And I'd been to Africa on a trip, and seen the animals for real. So it made me feel right at home. And so I hung out there, and I turned out to be an asset. Now you have to understand something here, Bill: I had always had difficulties with my British accent in England, because I have this lower-class northern accent. And people would snub me or ignore me or diss me because I spoke in this way.

BZ: And Americans of course couldn't distinguish in terms of the class accent.

Bronwen: No. And also I'd been at Cambridge so I kind of fudged a little because I didn't like people snubbing me. I'm a little sensitive about that. So, I came to the States, the land of equal opportunity. I was so angry with the whole class system in England, I was ready to get out and live in this land where there was no class and you're valued on your merit. And it took me years to realize that some of the recognition I got from people and the appreciation was because I did have a British accent and I had been to Cambridge. I was so chagrined when I realized that it was these attributes that had people being nice to me. I thought it was because they thought I was nice person.

BZ: No, we Americans are charmed by a British accent. I think that's widely true.

Bronwen: Yes! Unless you hate it. There are some people who have the other response. Anyway, I had this charming British accent, so that the head of the volunteers kept me on this front desk telling people where the bathrooms were and where the dinosaurs were, for months. So one day I was sitting up there — it was a quiet afternoon — and I said to myself, "I'm not going to do this for the rest of my life. What can I do? What do I want to do?" And I came back to plants, my real passion for plants. And I thought, "Well where can I find something to do with plants in the middle of New York City?" And I thought, "Well, there's a botanic garden." So I called up the botanic gardens.

BZ: The Brooklyn Botanical Garden?

Bronwen: I called both. I'd actually been doing a watercolor class at the Brooklyn Gardens, but they weren't a research garden. But the New York Botanic Gardens was one of the top research gardens in the country. And they had a very active collection of plants that needed people to look after them. And they were happy to have me come and work as a volunteer.

BZ: Yeah, sure. Volunteer, no less.

Bronwen: Well, actually they were eager to employ me, but I couldn't get work status. And we went through this whole process of advertising and even Bella Abzua intervened on my behalf, and the word came down from Washington that they'd already filled their quota for Britain for this year. And I wasn't one of the preferred jobs, which was doctor or nurse. So then one of the faculty on the staff at the Botanic Gardens said, "Have you considered being a graduate student?" And I hadn't, because I didn't know much about becoming a graduate student. So that's how I started doing a Ph.D. It was like, "You mean I can be a graduate student? You mean I can get paid a stipend to study plants?" It felt like the heavens had opened and this pot of gold had just appeared for me.

I almost felt guilty working there, because I got to do the routine filing of the dried plant specimens, and then study plants, and do more learning. It was the most fun. So I did that for about three years. And then the man who was my major professor got transferred to Michigan. And so I applied to the graduate school here to continue working with him. And so I completed my Ph.D. here. I did all my research here and I had some course work requirements I had to do. And so that's how I came to Michigan.

BZ: You had left this fellow behind at this point?

Bronwen: Well, he stayed behind in New York. He wasn't going to leave New York. And he was still trying to figure out what he was going to do with his life. He went through a phase of thinking he was going to be a medical student and I. . .

BZ: Quick aside: what did he end up doing with his life?

Bronwen: He actually ended up - this is so interesting - he ended up going back to graduate school and becoming a professor of religion.

BZ: Was he more suited for that?

Bronwen: Oh, yes. He's an academic through and through, I now realize. And I think I was getting a little frustrated, because I was still working within my cultural model that you had to have a man who took care of you and was a provider, because that was the only map I'd had. And he was not falling into that map very well.

BZ: The carpentry jobs weren't really coming. [Laughs].

Bronwen: Well, he gave up on that. [Both laugh]. When I worked at the botanic gardens, I had basically supported us on this little stipend. And I was pretty good at living on a shoestring budget, and knew how to live really economically. But this wasn't the map I saw for myself, especially since I wanted to have children. He wasn't ready to have children. I've had relationships with men who, in some sense, did deeply care for me. And those are the ones in the past that I'd ditch, because they didn't fit the rules of how you were supposed to be. And then the other relationships, which were incredibly wounding, which were following the pattern (of course) of relationship in my family of origin, were the ones that I stayed with and were the relationships I needed to do the learning and to break free of the pattern, but were not very comfortable. I talk about being a learner, but there's a difference between book learning and heart learning. And I had a map that would only let me do heart learning if it was painful. I didn't want to deal with that. It was too painful. And so it almost had to be painful until finally I said, "Well, maybe I have to deal with this pain." Maybe

Interview with Bronwen Wildflower (continued)

there could be life without pain. Maybe there could be...

BZ: Learning without pain.

Bronwen: Yes. And that maybe the heart can teach you something and it isn't all about hopelessness and despair and lack and settling for less and all of those things that were the maps that I had so deeply internalized from my childhood. Not just within my family of origin, but looking around in my culture and not seeing anyone who was doing a map that by my standards represented happiness or success or joy. And so I had to work through believing that there were no such maps. And it was really very much about changing my construction of God. This is one of the damaging things that our culture does by using the words, "God the father" because as a young child we can internalize that to mean that whoever your father is, is God. And by the time you're rational and conscious, you've forgotten that you've made that association. And then you begin to put those attributes onto God. No wonder you have a hard time with spirituality, because He has all these attributes. And I think many of the people that have rejected spirituality have done so out of that kind of early programming.

BZ: Yes.

Bronwen: And I think it's more common than is recognized. And it's done in that first three years or five years when we don't necessarily remember consciously. Especially if you're not asking or looking. Because it's the learned concepts that we get later when we get into the age of rationality and you're taught about what God is, but we have to also look at the un-learned things that were 'learned' by osmosis through the skin.

BZ: That's very interesting. Moving forward, and then we'll move into what you're doing, and what you're thinking about. So you were now here. You got your Ph.D...

Bronwen: And I got married. And I had children. And that was the turning point for me that turned me. And I can remember the turning point. I got married and felt like I had made a fresh start, because I had left behind this "disastrous" marriage that I'd had in England. And then in the first few months of my marriage, the whole pattern, down to every dotted "i" and "t" played out again. It was uncanny. And that's when I said, "This has to be me. This is not the man. I'm the only common denominator between those two relationships." And so I began actively looking at how I had managed to recreate that same relationship.

And that's a journey that has taken me twenty years. And it's been a fascinating journey. And finally I got to a point of realizing it wasn't all me, but for the longest time, it was all me. Partly because some of the wounding in my childhood was using things that were statements in Christianity that were not meant to be wounding, but which were used as wounds like, "Before you take the mote out of the other's eye, first take the beam out of your own eye." And that was one of the things my father would command me with. And I have this image of it sort of descending on me like a cage. And so my whole way of looking at the world was: "I cannot make any opinion or judgment about someone else, because the problem must really be in me." That's what I did with that. Do you know what I'm talking about?

BZ: Let's talk about that expression again. "Before you take the mote. . ."

Bronwen: The mote, which is like a speck of dust, out of someone else's eye, so that you help them to see more clearly, first take the beam out of your own eye. A log out of your own eye.

BZ: Before taking this speck and worrying about what their problem is, clearing their version, take out this big beam from in front of your eyes.

Bronwen: Yes. Now it never occurred to me, when you're a kid, you don't think, "Well what about the beam in *your* eye." It never occurred to me at all. So I deeply, deeply internalized that and came the whole way through my life looking for what was wrong with me. And so eventually I got to a place where it seemed that the other people were participants too, but the first part of the journey was all about looking at how I had created and pulled this to me. And I think if I had not had children, I might have been tempted to leave the relationship sooner than I did, because it was so painful. But because of the children, you're not supposed to get divorced and all of that stuff. I stayed long enough to really do the learning. This isn't the only way I could have done it, but it was the way I did it. And these children apparently wanted to be born into that relationship.

BZ: You have how many children?

Bronwen: Three. I still continued to go down, sort of bottoming out, because that relationship was so painful, because I had, without being fully conscious, invested so much hope and aspiration in that relationship. Finding the dream was not being fulfilled, I felt in some sense it was my last chance, and I'd flunked it. So there was a real going down. And my ex-husband is a biologist also, and a very active scientist, very much in the scientific model. And was very opposed to the idea of this concept of Spirit in anything. He felt that that was a lie and it was a position of fear that people would choose to believe that there might be Spirit.

BZ: Religion is the opiate of the masses. It's the twentieth century concept.

Bronwen: Yes. Yes. And I had been so wounded by my exposure to the religion of my childhood, that I was exploring that idea. If you do science, you're given explanations for everything that previously would have been the province of God. And I was reading - I still remember this. It was one of those such pivotal moments. I was reading a sociobiology textbook one evening. I think I was expecting my third child. And I read this and it was explaining away everything. It was like there was no place for God in this picture. God died. It was a system that said everything is this mechanistic chemistry-physics interaction. And I watched myself close this door in my heart, and said I guess I have to believe it. I have to let go of this idea that I've held onto without any support for it that maybe there really is Spirit or God. And I closed that door in my heart. It was a conscious thing. And as I did it, this amazing experience happened of this upswelling of energy that just went, "Nooo!" And I just said, "No. I will not make that choice." I saw it as a choice. And that was the corner-turning for me. Because I really went as far as I could with what does it look like if you live in a world where there is no Spirit.

BZ: I got shivers as you were talking about the closing of the door.

Bronwen: Because of the exploration I've done since, I've done a lot of living in this lifetime, and I've also done a lot of living in many other lifetimes. I've done a lot of experiencing to bring me to this point in time. Which is why I can have so much knowing, because I have so much to draw on. But that's been part of the pain of my experiences. But I started to see one of the ways that we play out scientific laws — that scientific laws are real, but they're talking about something that's real in the realm of Spirit. But they're taught in science as if they just talk about something in the material world, which is, you know, this world of illusion. So like ontogeny repeats phylogeny. There's wisdom in that — enormous wisdom. You can talk about it in terms of the embryology. But we do revisit in consciousness a whole evolutionary and personal history. And so we stitch into our individual lifetime, in any individual lifetime, all of the information we need to access to follow the path that we've chosen for this lifetime. And it's there; you just have to go and visit the name, and click on the icon, like the file name in the computer, and then you can go into that whole file, and look at the contents there.

But you have to recognize that that's what these are, these memories, these little happenings, it's why do you remember that about your childhood? Why do you remember that about this person? And then to go into that doorway as deeply as you need to. Because you will only keep the memories and the awarenesses that you need to serve you. And then, when you don't need that, you can either delete the whole file or you can leave it closed with the name still there to revisit in the future, and then maybe you make another fundamental choice, and then a whole different set of icons and doorways become available to you that were never needed before. It's the guidedness of life.

We really have to start recognizing that the complexity and amazingly wonderful amount of information that we have brought in through science is a pale shadow of what is available to us if we will recognize it and welcome it and accept it and go for it and start living within the recognition that we are constantly supported by Spirit in such abundance, it blows my mind. My mind can't get around it because it is so much. It's a universe of redundancy in the sense that the message is not given just once, it's given a million ways. Pick which way you want to learn it from: struggle, pain, hardship, loneliness, despair, joy, happiness, adventure, fun. Pick. You can have the message any way you want. But you first will have to believe that there's a message. Or that you have purpose and destiny and that there's a reason to be here. And the reason to be here is to be you. You are Spirit in flesh. That's the only reason. To know yourself as the creator you are, and to be having as much fun as you

"You first will have to believe that there's a message. Or that you have a purpose and destiny and that there's a reason to be here. And the reason to be here is to be you. You are Spirit in flesh. That's the only reason. To know yourself as the creator you are, and to be having as much fun as you can."

can. Not fun at somebody else's expense because that isn't really fun.

As we become more cognizant of our energetic responsibility to each other, then we recognize that, if it hurts another, it hurts us. Now I'm not saying that there aren't things that sometimes we do that will be experienced as painful by another. Because that's one of the paths I had to explore. If you're too afraid of hurting others inadvertently, you end up doing nothing, and then of course you hurt others by that, too. So it's about clarifying and purifying your intent, but your intent is to do no harm. And if you do harm, you take responsibility for it.

But to recognize that you have to follow your heart's highest dictates, and if another experiences hurt as a consequence, if you check in to your heart, and you can say with total truth and sincerity - you have to really go in and

look - my intent was not to hurt, then it has to be seen as part of the learning process that you two were engaged in and that the hurt was not caused by you, but you were the agent to bring a teaching to another. And that they chose to learn through hurt in this context because they had a lot of hurt to heal. So they need to keep creating situations of hurt so they can learn to not do that. So I don't know how I got onto that particular tangent. I open these little windows. [Both laugh].

BZ: It's like when you get out on the Internet and find yourself someplace you like, but you don't quite know how to ever get back there. But you're there, so you have to save it as a favorite file.

Bronwen: You're obviously more fluent on the Internet than I am. [Both continue laughing].

BZ: No I'm not. I actually wanted to go back to something.

Bronwen: I'm so glad you're here as a director. [Both laugh].

BZ: You were talking about the point at which you're reading that book, and the closing of the door.

Bronwen: And my response was that I needed to visit that because of the work I had committed to do this lifetime as a teacher, as a spiritual teacher. I needed to know what happens if you go down that path to the bottom. I've checked it in a couple of different contexts, but I didn't know this then.

BZ: And so at that point, there was a knowing, on your part, that you didn't want to go that path.

Bronwen: And this is what I talk about in the description in my class brochure. Until one day I said, "Enough. There has to be more." It was that day. And my life has been different. I'm not saying it transformed then. I spent many years after that still a victim and martyr. But I made the fundamental choice that I was going to live a life of spirit from now on.

BZ: And at that point when you were making that fundamental decision, there was a knowing. Had there also been some external influences that were helping you? I mean, through reading or through being in women's groups, or doing other things that had that effect?

Bronwen: I had three kids in three years. I wasn't doing any reading. My ex and I both shared a commitment for different reasons, to living simply and close to the land and this kind of stuff, which meant that we didn't have a car. So I was taking the kids everywhere on the back of this tricycle. I made all our bread, all our yogurt. We grew our vegetables. You know, it was back to the land. And so I was pretty busy. I loved it. I mean, I'm not complaining, but I was something of an anachronism, in some sense. But it didn't give me a lot of time for reading. So, no I wasn't doing any reading. And my husband was actively committed to there being no Spirit. So really I was being tested. I mean, he was my greatest teacher. Because it's like, was I going to join him? Because in fact the fundamental choice that he was offering me was: stay married to me, and in order to do that and be supported by me, you have to choose that there is no Spirit.

So by making that choice, I wasn't - I mean, I was simply going with my soul, but I was then at that point, not only losing my husband, but also knowing that the man that my husband was would do everything he could to make me change that decision, and would threaten me with the loss of my children, because he was so invested in his viewpoint. Now this was wonderful training for me. There was nothing like having to fight against somebody who is absolutely committed to the opposing point of view and is going to test you everywhere you go: Do you really believe *that*? Do you really believe *that*? Do you really believe that?

And he tested me to the depths of my soul in every way. And at this point I am so grateful. I feel that as being my second Ph.D. — my Ph.D. in Soul. And nobody wrote the — I mean, I wrote the curriculum. Or my guides wrote the curriculum for me. And it was a curriculum of pain and struggle and loneliness. And am I sane? My sanity was challenged, because it was a battle for sanity in a sense, because his sanity was vested in there being no God. My sanity turned out to be vested in there being a Spirit. And I had to struggle for my sanity. But you have to own your own sanity. And I claimed my sanity. This has been a fascinating journey, because have you ever faced insanity?

BZ: In other members of my family, not myself.

Bronwen: Inside your head where you can feel this challenge for ownership - what's the language? - of your soul, or your sanity. And to say I have personal authority. Indigenous wisdom. The significance of this phrase that I've chosen to describe my work is because it is about claiming the wisdom and authority vested in each of us. That it's in each of us - not that we don't need help from out there, but that it's in us. And that has been the oppression of the last however many thousand years, that we have drawn to us perhaps, but we had a little outside help to make it. And what I want to say at this point is I was someone who went through total silencing. I was so afraid to speak. So claiming my voice has been such an exciting journey, such a terrifying journey. And it's so wonderful to have my voice, to be able to speak from my voice and feel that I'm empowered to do that. I have teachings that are valuable. And people can come to any class or I can practically talk about anything, and I will turn it into a spiritually significant presentation. You were going to ask me something. And there's something I want to tell you, too, but go on.

BZ: Yes. When I was talking to you about what happened when you saw the door closing, it occurred to me that it wasn't just about book learning that I was talking about, but there was already some ideology of radicalism that was present. Now you and your husband were already back to the land, and there were elements of the counter-cultural experience that you two had taken on. Now you hadn't yet fought a feminist battle for your. . .

Bronwen: My soul. [Laughs].

BZ: Your soul, in terms of the marriage and all that, but there was already a predisposition on your part to be questioning authority. It may have been political authority, or.

Bronwen: I was born with it. But it was so squashed by my whole acculturation process. Britain was so sexist and so chauvinistic and so classist. I mean, I was at the bottom of the heap in every category.

BZ: And there was the political radicalism of the sixties.

Bronwen: I wasn't into politics at all. Politics were what men did. And I thought they were boring. I just didn't even deal with politics. It was a non-phenomenon. It had impact on me, because of how I came to start teaching in that environment.

BZ: But the baking of bread, in a certain sense, was countercultural.

Bronwen: I didn't know that. It was more like going back to my heritage. I grew up after the second World War and food rationing. The food we ate was grown in my dad's garden. Everything we ate - my mother didn't actually bake the bread, but it was made at the local bakery, which was as good as home baked. And I would go and bring home freshly baked loaves of bread, and my mother would make me wait until it was cold to eat it. Which I thought was criminal. Because "it was indigestible." You know what I think it was? One of the things I've learned about my culture - I don't know whether it's universal in Britain or just in people who are poor - is that you make up stories that you can tell yourself so that you don't have to admit that the reason you're doing something is because you can't afford it. And one of the things that happens if you eat fresh baked bread that's hot out of the oven, you eat more of it. And when you've got a very limited budget and that loaf of bread has to last three days, you could eat that loaf of bread at one sitting, and then there wouldn't be any bread for three days. So I think this is where these ideas come from —"warm bread is indigestible" — I mean, have you heard of that ever in this culture?

BZ: [Laughs]. No.

Bronwen: And yet you talk to Brits who come up being poor, and they know that warm bread is indigestible.

BZ: Very interesting.

Bronwen: So I really love to explore the reason behind these superstitions that keep people wounded and out of their power.

BZ: We have a lot of language about the body. Actually, we are publishing a piece by Judy Stone in this issue that I think is wonderful, about being 'soft in the brain'. There's a lot of expressions in our language about the body and emotions, which are really just clichés, but you think about the meaning behind those clichés, and the association of the parts of the body to emotions. You know: "I can't stomach it." You can go on and on.

> "When we get people functioning closer to their level of potential, magic."

Bronwen: Yes. That's why I talk about wisdom, the body as a wisdom system. Because it is. And we don't teach our medical personnel to go to the body as a source of wisdom. I talked about being a midwife and bringing people into a more expanded understanding of themselves. We don't teach physicians to go to the body as a source of learning and wisdom. And that's what I do when I work with people: I read their wisdom system, their symbolic language of the body, and interpret it back to them or they often come in with magnificently wonderful meta-

phors of their own, that they have not been empowered to claim. If they went and told their physician this, it's like, "Well yes, OK, now tell me the important facts," instead of they're turning away the gold — the gold that gives the clue to where there is the stuckness that is the underlying causation of this imbalance, this dead energy, this blockage in spirit. That's really what we're talking about. That's what all disease is about — it's blockage in spirit, where the spirit doesn't flow freely, when you're out of rhythm. And it can be sequestered in a part of the body or a part of the spirit. But we're now all moving, whether we like it or not, towards wholeness. And if you're moving toward wholeness, you have to bring the pieces back into balance, and back into the picture. It's like the metaphor of land. The land - what do we do with the toxic garbage? We dump it. And then it breaks out, a zit on the landscape. [Laughs].

BZ: Let me take elements of your own writing that I think are interesting jumping-off points. We've talked about 'knowing' as a child, and we were just touching on authority. Talk about what the expression "personal spiritual authority" means.

Bronwen: It's about saying that we are our own authors. We are the creators of our lives. Whether we know it or not. Now if we have had a lot of cultural oppression that we bought into, then we put the authorship out there, but that's a process of allowing external authorship. It's not that we are still not creating it. We're creating it in sort of a default model, rather than an active thing. "What would I really like? How can I make this be a part of my life?" And part and parcel of that is energetic responsibility because it's not about I want to be the richest person in the world. That's not an energetically responsible position and is out of the flow, because it doesn't honor the other. It doesn't honor spirit; it's just not in balance.

BZ: In your work with people, how do you go about to encourage people to claim their personal and spiritual authority?

Bronwen: I listen to their stories. It depends on the context in which they come to see me. If they come to a class, I tell stories. What are the stories that nourished us as children? Those have become part of the fabric of our being. And I often feel that when I teach a class, I come in with an idea of what I'm going to do, but I have far more words than I could say in the time allotted, and then I let the group in some sense pull the words out of me, but I also frame up what is the intention for this group, and I make it as high as the group can hold. I mean, as high as I can hold, and then I ask that the words be as potent as they can be for the group that is there.

I very often incorporate ritual into my class. I mean, there's some factual information; people want fact. But that's not my primary focus, because facts - this is going to sound sort of funny - facts are sort of relative, because it depends who you are, and what the context is which facts fit, because there are so many facts.

BZ: Would that apply in an herbal class.

Bronwen: Yes, it does. And this is what has made it increasingly hard for me to teach it. Because people want me to tell them what herbs they take for what problem, and that's not the way it works. And it's really an energy matching, a resonance matching.

BZ: That requires a tremendous amount of effort, responsibility on the part of the person trying to do his/her own healing. Because I can read Andrew Weil's book, and I can then begin to include garlic and ginger in my diet and I can take milk thistle supplements, and I can read David Hoffman's book on herbs, and I can know that a certain herb would be a good blood cleanser. But really, that's not sufficient to what you're talking about, or what Linda Feldt has talked to me about, which is, you know, what's growing in your garden, or what's the match for your kind of energy, your energetic field. And there's not a lot of people out there who are skilled in teaching people how to match themselves to a certain herb. And so you're calling upon people to really begin to figure that out themselves and to learn about that. And that does require a lot of commitment.

Bronwen: I think it's easier than that.

BZ: And not everybody's going to be a botanist.

Bronwen: And not everybody's going to be a botanist. So I do encourage people to work with this metaphor of gardening, even if what you're gardening is a city street or your apartment. Because it's really about working with the flow of energy. And your body will tell you. It's like you can read the book and these are some of the herbs that you might work with, because you have this health challenge. But then you have to take it through the wisdom of your body. For some people, going to an art museum and looking at a painting is as nourishing as eating dandelion root. And so it's not that everybody has to work with the element of earth through herbal medicine. You can work with the element of earth in other ways. But we do all need to work with the elements. And you can work with the elements in the middle of a city just as well as you can in the country. And because there's always the sky. But there is inspiration and passion and creativity and genius. These are some of the qualities of the elements.

> "What pharmacists do is say, 'This is what the drug does,' because they're trying to find something that does something to one part of the body, and the rest are side effects, instead of saying, 'The drug will do all this stuff. You may like this bit, you may **not** like this bit, but it will do all of that.' With an herb, we know that. So that you pick the herb that has the combination of effects that are appropriate."

So nourishment isn't always in the earth form, the physical form of plants. You can work with this through your food. A beautiful meal that is cooked with love is nourishing. And it doesn't matter that it doesn't have the right combination there. Your body will tell you. Most people know this intuitively, if you draw their attention to it. Like suddenly you have this avocado kick. You haven't had avocados for a year, and suddenly the avocados look good, and then you discover how wonderful guacamole is and you have it two or three times a week for a couple of weeks, and then you stop eating avocados again. That's your body wisdom. We are fortunate that there are all sorts of foods available to us.

Now I have an issue when people don't know that the resources are there, and that's the teaching that I'm trying to do is to alert people to tune into their bodies, so that when their body says, "How about a tin of sardines?" they don't say, "Now, why would I want to eat a tin of sardines?" instead of saying, "Gee! Maybe I should eat it. It's OK if I usually don't meat. Maybe there's something in sardines that my body wants." I say that because I went through that a few years ago when I was very strictly macrobiotic and I just had this craving for sardines. So I went and got three tins of sardines - I like to see which kind I like - they were in olive oil and sild oil and something else - I opened the first one and it was so good I ate the whole tin. And then I thought, "Oh, well, I'd like some more." So I opened the second one, and they were like nectar; I ate the whole second tin. And I thought, "Boy, I'd like some more." And then I opened the third tin, and I got half way through - no more sardines. I fed them to the cat. And I probably didn't have any more sardines for a year. There was something my body needed in those sardines.

BZ: But we have been so trained, maybe men more so than women, but certainly a tremendous amount of training has gone into not listening to our bodies and not paying attention.

Bronwen: Yeah. It's the one thing we all have in common. We all have bodies. And we need to really have them be our allies. It's this whole training that we get in childhood and throughout our schooling that our body is like this machine that carries the important thing, which is the brain, around. And modern medicine, modern science are all talking about it, but they're not fully functioning out of that place. I mean, they're recognizing that memory is non-local, for example. Now we have the neurotransmitters so that we know that the communication happens all over the body and that the immune system is really a mobile brain. The languaging is there, the knowledge is there, it just has to be put in a different context, because we've been using this materialistic productive paradigm for interpreting our reality, instead of letting go of the production model, and moving into a more abundant and fun model. It's looking at anatomy and physiology and how we describe it: the female body is a production model - we produce eggs, and we've failed if we didn't make a baby. Give me a break. That is not the map that God/Goddess was using when she was making the man. She was making a map of abundance, of ease. And we have to connect to those maps and figure them out, and that's the adventure that we're engaged in and I can hardly wait for all people to put their creative minds to work in coming up with more true stories about reality as people free up their thinking from the impositions of cultural conditioning and start really using their creative juices to come up with more true stories - we're going to have some really good stories. And I'm excited.

BZ: Culturally exciting and personally exciting.

Bronwen: Yes. Culturally and personally exciting. And I'm not the one who's going to tell all those stories, but I'm happy to support people who want a little help in getting a map of how to tell those stories, to tell these stories about medicine, to tell these stories about teaching, to tell these stories about what it means to be human.

BZ: I think that's kind of an answer to the question of how do you encourage people to come to your classes to claim their personal spiritual authority. Will you talk about grandmothers and crones and talk a little bit about your grandmothers?

Bronwen: Oh, yes. Well. [Pause]. This is of course, personal, you know. I'm at some point going to be a grandmother, I hope, if my children have children. But let's talk about the crone first. Language has been such an important thing to me, because it's the naming; it's the impact that words have had on me as an individual in a silencing sense. It's part of learning to have words step out from underneath that and have words be tools of empowerment to people, which is my total commitment: that I use words that are empowering to people, not wounding or disempowering.

And my thesis work was actually a taxonomic thesis, which is a thesis where you name things. So I had ten years of rigorous exposure to the power of naming, and having experience with the arbitrariness of naming and the choice that you get to exercise, and then the different paths that can open out depending on whether you name it this way or that way, at the most materialistic level that you could get to. I guess the naming of children is another way of doing that, but that's not a materialistic thing; our souls call our name to us. And I'm just delighted to look at the way our souls almost do a smoke and mirror dance on our parents to get them to give us the name we need. Because they almost make us believe things that aren't true so that we'll have the right story so that we'll give our children the right name that they need. And one of the things that I love to talk to people about is the importance of their name. You've got to refocus me, Bill: what did you start me off on?

BZ: On crones and grandmothers.

Bronwen: Crones. OK. As I was getting more and more engaged in my spiritual path I looked at some of the words that I was afraid of. And I was afraid to be called a hag or a crone or any of these words that were seen as very negative and disempowering. And then I looked up in Barbara Walkers' *Woman's Encyclopedia of Myths and Secrets* and I found that these were actually terms of recognition that were honoring wisdom. A hag is a woman of wisdom, a Holy Woman. A crone is someone whose wisdom is recognized. And it was such a potent recognition that it was reclaiming the power of a name. And as you do that, then you undo the disempowerment back through time. Witch is another word. I grew up in witch country. Witches in Britain were hung in Lancaster and were jailed there in the castle.

And I went, when I was a child, on a tour of the dungeons and they did this thing - you know, I was probably six or seven years old, and you go in there and you're with your mum and dad and they put you into the dungeon. These walls were probably three feet thick, and the door is probably a good six inches of solid oak. They put you in this stone dungeon and they shut the door. And you are instantly plunged into darkness. Now, with

my susceptibility, I flipped. I mean, I went back - I know now, I went back into my past lives, but then I didn't know what happened, I just flipped.

I had nightmares for weeks after that, which were just called nightmares. But they didn't feel like nightmares; they were very real. What I got from this was the immediate recognition of how unsafe it is to have anything to do with witchcraft. And as I have come to use the gifts of rationality and knowledge, and bringing the light of the rational to the superstitious, I've come to recognize how much fear was being fed into people that we could ever have done this to defenseless women.

Some of the women that were burned and tortured were women of power and were truly wise women and seers and gifted healers, but many of them were just ordinary women. Maybe you could say it was a demonic act — it was like how do you catch the good ones, the powerful ones — we'll get them all. Like the slaughter of the innocents in the Bible. You didn't know which one was Jesus? Kill them all. That's a technique that has been used throughout time. And how do you get the powerful women that are still carrying the heritage and the tradition? How do you destroy that lineage of the Goddess? [Snaps her fingers]. Kill them all. For centuries. It didn't work, but it did have a huge impact on the white psyche.

BZ: No more than a hundred years of Chinese occupation is going to destroy the Tibetan consciousness. It's the same.

Bronwen: And especially not now with the expansion of consciousness that is going on while we're recognizing the global connect consciousness and that we're connected across space and time to everyone all over the globe. If enough people are holding that positive energy for Tibet and sending it back, not in a judgmental and dominating position towards China, we have huge opportunities at the moment to hold ourselves in right alignment to countries that are not acting in right alignment, we become the oppressor and the bully just as much if we come in and use force. Now I'm not saying that we allow bullying to go on, but we have to start looking for other solutions. But if you still get into the tit for tat model, that's what you're going to get throughout eternity. That's not the map I am living. I will not live in a reality that continues to perpetrate that. And this is not a statement I am going to die. [Laughs]. This is a statement about my commitment to creating a different map.

I wanted to add in a bit about how I made the shift from being a teacher and a scientist. And how I then shifted into becoming what I have now become. The seeds of what I now do were actually laid in my thesis research, they weren't part of my thesis research, but one of the plants in the group that my advisor put me to work on was the most famous New World hallucinogen, in South America. It's called caapí in Brazil, yagé in Colombia, ayahuasca in Peru, natem in Ecuador. Well, these are all the indigenous names. It's a hallucinogen that is used throughout Amazonian South America, so that the native peoples in Amazonian Brazil, Amazonian Columbia, Amazonian Peru, Amazonian Ecuador all use it. And there are now churches based on this in Brazil, and also they've extended over to Europe, so you can actually go to these churches - it's called Santeria, where you ceremoniously ingest this hallucinogen, because one of the things that it does is give a telepathic experience.

And one of the things that I did, as I said, it wasn't part of my thesis research, but I read about this plant because it was interesting to me. And I just wanted to know why this plant was so interesting to pharmacologists and anthropologists and psychologists and you name it. So I read about this healing plant. And what was so fascinating, because I hadn't really thought about healing very much at that point except paying some attention to nutrition and so forth, was that when you were sick, what would happen is the indigenous people would go to the shaman and tell their story and then the shaman would drink the hallucinogen, and then based on the vision that came, would know what to do. That was just a common pattern in Shamanic practice. But I had had an education that had huge holes in it so I didn't know about this.

But what I got in coming to that story in a way completely without any preconceptions was here was healing that worked, and yet it was totally outside the map of healing that we have in our culture that I had been brought up with. It was a totally other map. And I was fascinated by that and it did begin to open this doorway. If we want a major doorway to open, it's often not by coming straight at us, especially if you're a resisting type, it has to sort of come in sideways when you're not paying attention, and then finally the doorway's big enough that you can see it, and then you can change your attention. And what I realized was the importance of belief in healing.

And this has been so much a part of my path, so much a part of what I do now: to look at beliefs that we've internalized. We interpret them through these filters that got internalized in childhood or through cultural conditioning or through it being drummed in in our education, whatever. And then we learn to look through those filters and that's truth. It's not just relativity, but that was what I noticed - and when I then subsequently got married and had children, one of the things that happens when you have children is you have to take care of their health.

And I was brought up in a system that I used to call benign neglect, it wasn't really neglect, but it was a system where you didn't go and see the doctor hardly at all. There was just this understanding for most things, you just gave your body time, rested, drank more fluids, ate lightly and you got better. And, of course, it was just assumed that parents had a sense of whether it was more serious or not, and then, if it was more serious, they would call the doctor and if it was serious enough that you couldn't get out of bed and go line up until it was your turn (there weren't appointments), then the doctor came to your house. And that happened a few times. But I realized that in fact I did have a lot of health challenges, but they weren't treated because they just weren't. So I grew up in a very different system than the one we now have children growing up in, where they are taught at a very early age that you go to someone else to tell you if you're healthy - these well-baby things. And I did buy into that when I had my children because that was the culture I was in and that was what I wanted.

BZ: Would you describe it almost as less is more?

Bronwen: Well, I'm not saying that what I had was more. I'm just saying it gave me a very different map so that I could see two very contrasting systems. And the system I grew up with actually validated the wisdom of the parents, in some sense, and there was a lot of home remedy use. But there was also a lot of neglect. I had health issues that I now realized could have been addressed, but there was no awareness that they were even health issues; it was just assumed. . .

BZ: That they would take care of themselves.

Bronwen: Well, I thought they would take care of themselves, or that the chronic things were just part of life, that you lived with them. Like I had what in England is called chronic catarrh which I now realize was I had a dairy allergy and was constantly congested and getting infections, but my whole family had that. We just thought that was part of being English.

BZ: Sinus infections?

Bronwen: Yeah. I thought that was what it meant to be English. Because everybody I knew, just about, was like that. You know, it was just a different system.

BZ: Yeah, and that's generalizable, though, throughout cultures. What you're saying is that people assume that something that everybody else has is going to be just the condition that you live with.

Bronwen: Yes. Like old age. I mean, many of the symptoms of old age. Anyway, when I had children, I was the one taking responsibility because I was kind of isolated, because all my family were in England and my husband's family wasn't local either, and because I'd only come to Ann Arbor a couple of years before I had my first child. I didn't have a support system of friends in place, and I had been a graduate student, and then completed my dissertation. Immediately after I finished my dissertation I had my first child. You know, graduate school and motherhood (back then at least) didn't mix at all. It was like I'd dropped out of sight.

BZ: Young mothers still drop out of sight for a while.

Bronwen: Yes. Anyway, I was doing the best that I could, I had home birth - that's another one of my counterculture things. And I was very committed to being as responsible as I could for my children's health. And yet they had some health problems. Now, they weren't too bad. Within the model that most people are working in, they got sick or I took them to well-baby exams and they had an ear infection, I gave them the antibiotic. My first two kids, that took care of anything that came up. And then my third child, I took to a well-baby exam and he was two or three months old. And he had an ear infection, and they wanted him to take this antibiotic and so at that point in time I gave it. But I had begun by now to be interested in other methods of treatment which I was now discovering were still in existence - methods that my whole scientific education had told me to poo-poo as being primitive, ignorant, unquantifiable and out-moded.

I went through a period of a mixture of excitement and rage — excitement that I'd discovered that herbal medicine, for example, was alive and well and was practiced globally on a huge scale with enormously good effect. That was the exciting part. "Where had this information been all my life?" And the rage was, "Where had this information been all my life?" Why had I not been exposed to this knowledge? Why had I been made to feel that this was out-moded, when in fact healing was all around me and it was such a natural fit to me of somebody who loved plants. It felt like the missing piece of what I'd been looking for all my life that the healing was in the natural world, and that my interest in the natural world was far more from the healing that was there rather than learning facts, although that information has been invaluable. Anyway, to cut a long story short. . .

> "I had in England what is called chronic catarrh... I had a dairy allergy and was constantly congested and getting infections, but my whole family had that. We just thought that was part of being English."

BZ: Yeah, that was nicely put, though.

Bronwen: Yeah. My son, each time I went back for the

Interview with Bronwen Wildflower (continued)

checkup, he had got another ear infection. And by the third round of antibiotics, I said, "Uh-uh. You know, this isn't the cause. There is something going on if my child is getting one ear infection after another." Because he wasn't even six months old and he was totally breast fed. So I was kind of personally insulted too. I unfortunately bought the third course of antibiotics before I made this decision, so I poured them down the toilet and said, "There's got to be a better way." The theme tune of my life: There's got to be a better way. And I began actively exploring and using some of the alternative methods that I'd been beginning to hear about. And I'd already been using them just a tiny bit.

BZ: I don't think it's by accident that you and other mothers have the experience of the childhood ear infections being a jumping-off point in terms of medicine and healing.

Bronwen: Yes. And what was interesting about that particular example was I had a sense that there was an allergic response going on but he was breast-fed - how could he have an allergic response? And there's more to the story, which I won't go into, but I realized that it was because, like a dutiful young mother, I had been drinking huge amounts of milk, because I had bought into this idea that I needed milk to make good milk for my baby. And I was still allergic to it, but suppressing my allergic response. And in fact I found out shortly thereafter that milk protein can pass through undigested into the breast milk and cause an allergic response in certain cases in the infant. And so I cut out milk totally from my diet. He never got another ear infection, but he did get eczema, which is often what happens when true healing occurs — the eczema is the original issue, and then if you ignore it or suppress it with drugs it will go to an allergy or ultimately asthma and you can unravel that. So then I began working actively with homeopathic treatment to undo this weakness that I saw in my child. And he's fine [Laughs].

BZ: There's a certain word, a certain phrase that you have.

Bronwen: You mean using homeopathics is a spiritual discipline?

BZ: Yes, a spiritual discipline.

Bronwen: The philosophy of upward causation.

BZ: Yeah. I don't know if you're ready to talk about that.

Bronwen: Yeah. I can jump in here, because this has been so much a part of my education - subsequent education. It's realizing how we hold to us the situations that will give us what we need to heal, if healing is the path we are choosing. Or we will pull to us the situations that will keep us invested in our pattern of dysfunction, if you like. So it's like, we're looking around for the effect that will allow us to have the cause that we want.

BZ: Say that again?

Bronwen: If I wanted to go on feeling that the world was unjust and that life was hard or whatever it is, then I would pull to me situations that would allow me then to hold on to that. I would say that it was because the world was unjust that this happened instead of that I pull to me this experience because I wanted to hold the world as unjust. And this is the whole victimization thing that we absolutely have to step out of. And it's a challenge because it's not that horrible things have not happened to people, and that there hasn't been a lot of oppression. It's not about fixing it, it's about transcending it, it's about looking at how we can be creators in our personal lives, but also globally.

And I use the homeopathics in that same way, so what I encourage people to do is to look at the patterns of usage in their family or in themselves, and as they find a remedy that is indicated, looking at what the energy pattern that that remedy pattern works with, and then to say, "What is the emotional healing or the psychospiritual healing that needs to be addressed here?" There's an increase in consciousness, because what we are being called upon to do is to be more conscious.

BZ: Will the homeopathic remedy help in the psychospiritual healing?

Bronwen: Yes. Absolutely. And the more consciousness you bring to it, the more effective it will be. Now, not everyone would agree with this, and I'm open to being proved wrong.

BZ: Why does it help with the psychospiritual healing? Why does a remedy that the allopaths would say is . . .?

Bronwen: Placebo. Well, that topic ties back to that window, the side window that got opened when I saw the role of belief in healing. Now I was taught, through my scientific training, this very shamed way of looking at things, that you were a lesser consciousness if you were susceptible to the placebo response.

BZ: Yes. That's throughout our culture. The Time magazine version of. . .

Bronwen: Gullibility. Instead of saying, "No, that is the willingness to surrender to the mystery." Because life is a mystery.

BZ: Actually it's a great affirmation of the relationship of belief to healing.

Bronwen: Yes. Yes. And what I've always maintained, maybe because that window was opened so long ago, is why don't we harness it? But not in a demeaning way: let me feed this person this and see how gullible they are. That is not what homeopathy is. Homeopathy is a resonance healing, an energy healing, where it is wholly an intention of shifting someone's relationship to their life, to the extent that they're willing. In time, when the scientific community is willing to start trying to research these things instead of saying, "This is hocus-pocus," or should be exposed, destroyed or whatever, and instead says, "Hmm. Maybe there's something going on and we should check this out." Then I think maybe we'll get real information about how these things work, but we're not there yet.

BZ: Will a remedy work even if someone doesn't believe in it?

Bronwen: If they have a willingness. It will not work if they are totally closed. Because it's working in cooperation with the body.

BZ: Now the allopath would say, "Well, but your antibiotic will work whether or not you believe in it or not."

Bronwen: That's partly the power we give to the antibiotic - our whole culture supports that. But the antibiotic is anti-life. And a homeopathic remedy is not anti-life. It is a life-supporting modality. What I don't like about the whole drug culture, not that there isn't a place for it sometimes, but I still tend to see when we have to move to drugs, I tend to see it as failure, and that's my limitation, I'm willing to say, because that's a judgment.

BZ: We were talking about the allopath who says that he can give you an antibiotic, it doesn't matter one way or the other whether you believe it or not, and that's a kind of proof of its efficacy and the fact that you have to believe in the. . .

Bronwen: Well, what you're giving is something — I mean it's this anti-life quality. Antibiotics "always" work because they will work in opposition to the Life Force (the will) of the body. When you use a homeopathic remedy, or an herbal remedy, it's also the energy with which you're using it. The allopathic remedy is very often used in the sense of there was something to conquer, something to destroy. It's working within a domination model, that there are good things and bad things, and that when you have an infection, there are these bad guys in your body. As I have studied this more and more it's clear to me that the bacteria or whatever other organism is present in the body is there because of a prior imbalance.

Now if the imbalance has gotten so far out of hand that the alternative is the death of the system, then you might want to come in with some heavy artillery drugs to maintain the system, but my focus is very much on bringing the body back into balance so that it will naturally throw off whatever is living there inappropriately. I have lots of stories of healing, but I'm going to just tell stories about myself and my family to protect the privacy of the people I've worked with.

BZ: Will you tell me a story or two?

Bronwen: Yeah. Little kids, one year old, two years old, when they're learning to walk or little toddlers, they're always getting dings. For example, one time, my son was right about table height. He just walked into the edge of the table, and it swelled up like a goose egg, and I gave Arnica which is a remedy for bruises, and literally before my eyes, it just went down. And that is so common with young children. They don't know that it's not supposed to work. They haven't been infected by the outside culture. Then stings - these are sort of first aid things - there are various remedies that work with stings. And this is another of the differences between the allopathic model, because it's not that there is this one remedy for stings; it's what is the emotional imbalance that pulled the sting to you - now that's a stretch for most people.

BZ: Yes.

Bronwen: So, my daughter got stung one time on her hand.

BZ: I just have to say something about the emotional imbalance — about the stretch on that one, and then don't forget what you were going to say, which is whenever I get stung, whenever I bump the rear of my car, whenever I fall down the stairs, I've always called that to me by a kind of emotional imbalance that's taking place that day.

Bronwen: Yeah. But many people want to see themselves as being ill-served by the world instead of the world giving you information.

BZ: Yeah.

Bronwen: And we can have gentler ways to do it once we start paying attention. It is very much an attention phenomenon: Oh. What's going on? When she got stung I got the remedy that is usually given for bee stings, which is Apis made from the bee itself, and it didn't seem to do very much. So I gave a couple of doses and it didn't seem to be doing much, so I tried a second remedy that often works for stings, though I was in conflict about it, and that didn't seem to do very much. And then we both forgot about it. And the next day - she was only three or four at the time - she remembered it again, and it was still all red and inflamed, and she started screaming and howling and being so dramatic about it. So I went back to my repertory to see if there was another remedy that worked with stings.

And there was indeed another remedy, called Cantharis. So I went and got the Cantharis, put it on her tongue, and immediately, it touched her tongue, she stopped crying and she smiled. When you've seen this, you're a convert. And this happened to me over and over. About five minutes later she says "Oh Mummy! Come and look!" And I came back in and we watched the sting go down, just like that. It was magic. This has happened so consistently.

I want to tell another story about my daughter, and then I'll tell a story about me. She got strep throat a number of times. I went to my doctor who was also a practicing homeopath, and had a throat culture so I know

"What I want to say at this point is I was someone who went through total silencing. I was so afraid to speak. So claiming my voice has been such an exciting journey, such a terrifying journey. And it's so wonderful to have my voice, to be able to speak from my voice and feel that I'm empowered to do that. I have teachings that are valuable."

it was strep. And we gave homeopathic Belladonna. There were many, many remedies that work with strep, not just Belladonna. But she was the classic picture for Belladonna: we gave Belladonna, she was better very quickly. And the next day, or a couple of days later, we let her have another strep test, and she didn't have strep anymore. So I mean, we actually got the confirmation, it wasn't just that the symptoms had disappeared.

Anyway, one of my stories, is I was packing for a trip to England, and I had this incredible sore throat. It was just excruciating. And I had two little kids, and it was hard to get them ready for this trip. So I took a dose of homeopathic Apis, which is one of the remedies for sore throats. And so I took that, the sore throat was gone. I took it; everything was fine; the sore throat went away. Packed, went off to England, got to England. I went ahead with the children, and then subsequently my husband joined me. And my skin broke out all over in this rash. I had these red splotches all over my body. And I felt wonderful. Now, in homeopathic understanding, there is this recognition that a disease comes outward, that you're letting it go from your skin.

And then I remembered that as a child I had had a lot of sore throats, and ultimately they were treated with penicillin, which was very new and very exciting. And so I felt that it was the suppression of those sore throats, tied in with my not being able to use my voice, that we talked about, that was being released through this homeopathic. I waited until I got back to the States to go to a physician — my husband wanted me to get a diagnosis — and the dermatologist said, "Oh yes. You've got psoriasis. There's no treatment for it." [Laughs.] "There are these things that you can do that will maybe make it less." And I sat there grinning, which he thought was a little bizarre, and I said, "Well, I'm just going to go to my homeopathic physician, and he'll give me a remedy and it will take care of it." And indeed I did, and it did, and the psoriasis went away, and about a year later, I had a very mild recurrence, and then I got a second different remedy, and I've never had it since.

BZ: Dermatology is a good example actually of where the allopaths have very little in the way of information or thinking to offer one as to what's going on with the skin.

Bronwen: Well, they don't teach doctors about healing. We teach them chemistry, I mean drug chemistry. But that's - how can I put it? It's like putting splints on somebody's leg. Now we know in fact that if you break you leg you put the splint on it until the bone is healed, and then you take it off. But what we too often do with the drugs is that we. . .

BZ: Confuse the splints for the healing.

Bronwen: Yes. Yes. And that we know also, using the example of the broken leg, that there is loss of function, often while the leg is inside the splint, and when you use a drug, there is loss of function, because the drug is very invasive to the body. One of the things that I value about herbal medicine is that because they are whole plant extracts they contain an integrity that resonates with our body's intelligence, so that the herb comes in, and the body and the herb are in this wonderful conversation: How can we work together to make this healing happen?

> "One of the things that I value about herbal medicine is that because they are whole plant extracts they contain an integrity that resonates with our body's intelligence."

Instead of, you know, extracting one ingredient, and turning it into a drug and messing around with it a little bit, so that it can have a bigger zap on the body, and not recognizing the fact that all pharmacists and pharmacologists know, that herbalists know, too, which is that any chemical, any substance, has an impact on every part of the body. Look at aspirin - I mean, there are tomes written on aspirin and how it acts in every system of the body. I mean, it's mind boggling. Why do we think that every other drug doesn't do the same thing?

BZ: I learned a lot actually reading Andrew Weil about aspirin as a tonic, that it was the one tonic that Western medicine accepted, even though they wouldn't accept anything else as a tonic. If something wasn't a targeted bullet to something, but if it's a tonic, in the Western view, it's too general to be real. It was helpful to me, with limited knowledge, to understand the notion of a tonic.

Bronwen: Yes. And I guess I wouldn't really call aspirin the kind of tonic I'm talking about. I like tonics that are nourishing to the system, rather than tonics that are stimulating, and depleting in the long run, but that's a whole different conversation we could get into. But let me just finish the point I was trying to make which is that when you take a chemical, it's going to affect every part of the body. But what pharmacists do is say, "This is what the drug does," because they're trying to find something that does something to one part of the body, and the rest are side effects, instead of saying, "The drug will do all of this stuff. You may like this bit, you may not like this bit, but it will do all of that." With an herb, we know that. We know that it will act and we say, "This is an herb that will reduce fevers and it will also do this, this, this and this. And this is another herb that will reduce fevers, but it will do that, that and that." So that you pick the herb that has the combination of effects that are appropriate.

BZ: That's interesting. That's educational for me.

Bronwen: Yes. And it's complex, and you cannot do it by rote. And we have been training, in some sense, doctors by rote.

BZ: So with every pill that we're given by Western medicine, in a sense, the side effects are a part of the wholeness of that pill, but we don't think of it in terms of the wholeness of it, but we do think of it in that way when we think about homeopathy. And the same thing with respect to herbs, we think of the whole effect. I find that very interesting.

Bronwen: It's so true, though. And, to put in another piece here, I know there are many wonderful, wonderful healing stories using drugs, so I don't want to discount drugs, but this is where the power of the mind can be engaged in drug healing. I mean, I still have a preference and will always have a preference for natural remedies, because I love natural remedies. But if you are taking a toxic drug, because that's maybe the only thing you feel comfortable with because of your early conditioning, then it behooves you to find out what the side effects are and to intentionalize this drug and to believe in its healing efficacy. To bless it in some sense as you take it, and to ask that these other effects be minimized, so that you empower your body with your own intelligence, which substitutes for the lack of intelligence in the drug. I don't think drugs are terrible intelligent. [Laughs.] I know we have these smart drugs, right? [Both laugh.]

BZ: I guess they have the intelligence vibration of the creator of the drugs, perhaps.

Bronwen: Oooh. I didn't say that. [Laughs.]

BZ: I guess I'm thinking, in a certain sense, that the combination is no greater or any less than its creator.

Bronwen: Whereas a plant, of course, has the intelligence vibration of the Creator.

BZ: Yes — *of its Creator* — that's kind of interesting.

Bronwen: Yes. You are right. Now that doesn't mean that drugs couldn't be magnificent. Because I read around, and there are some drugs that I think the creators of these drugs were working in alignment with what we might call divine intelligence, and those are drugs that have enormous potential to heal.

BZ: Give us an example.

Bronwen: [Quietly] I don't know that I can come up with any name. [Pauses.] Or maybe it's more that their toxicity is modified by that. We could shift our focus to produce a drug that would have less side effects, and that would work in the most useful way with the intelligence of the body. I still get hung up on that, because I just have such a problem with drugs. And maybe it's more coming from the fact that my body and drugs don't do well. I have a very sensitive constitution, and a little bit of a drug flips me out rather badly, so I therefore have a prejudice. Or maybe the other way around, using my cause and effect thing: I have prejudice, and therefore my body gets flipped out by them. And there are lots of other ways to do it. We can go with the choice we prefer.

I remember once being in a class that was talking about AIDS, and there was one man who had wanted to die, and was not doing very much about not dying, and then met a man whom he fell deeply in love with, and so now he had a reason to live. But he was really far gone. And he was so invested in living, that he persuaded the University Hospital to do some very toxic and experimental drug therapy, because, "Look, this is the only chance I have." In some sense, against their better judgment, with all sorts of releases, he did it, but he was so invested in healing, and this was his way out. And he healed. The relationship lasted for some period of time, but didn't last indefinitely, and he lost his will to live again, and at that point he died.

So, it's this power of the intention and the will that we need to engage in the healing process, which I see popping up all over at this point, and I'm just disappointed that there are still so many people within the medical system who are so invested in not only *not* believing in the power of intention, but in attacking it. They want it to be an "either or", instead of we need both. And maybe it's that you can't put the intention to heal in a bottle. It comes from the heart. It comes from the soul. It is within each human being.

And I see the role of a healer as being to engage the inner healer that is in all of us, and to teach people that this is the source of all healing. It is our sense of our connection to our wholeness, and our spirit and our divinity as well. And there are many doctors who are healers or who become healers. But training as a doctor at the moment does not teach doctors how to be healers. In fact, I would say, in many cases, it teaches the opposite. It teaches a system of disempowering people - you cannot heal if you are disempowered. Now I have a rather global definition of healing, because I don't just see it as the absence of physical symptomology. I see it as being a freedom in your life - a freedom to express yourself emotionally - to be in touch with that sense of what it is that is your drive, that keeps you alive, that gives you vitality. So it's got a very potent emotional, mental and spiritual aspect to it.

I think a lot of old people's homes have many such people in them - people who have bought in to the idea that life is about sometimes going to the doctor for a drug to make a pain go away, and then the drugs often come in to the body's chemistry to shut down the body's intelligence. So eventually, you're taking so many drugs that you can't even get at your body's intelligence, that your cells, in some sense, are clogged up with alien chemistry. Instead of using the drug very judiciously to just give the splint to you own body's chemistry until it can jump-start itself. I would rather use herbs or homeopathic or flower essences or massage or energy healing or any of these other modalities that work so wonderfully, if you're open to them.

BZ: Do you have a problem with the homeopathic remedies that are sold in stores?

Bronwen: Not at all. No. No. Absolutely not. I think homeopathy is very much a home health care system. I think you can do an enormous amount to heal your family or yourself.

BZ: You don't have any problem or object to them not being imbued with the power of the doctor or healer to...

Bronwen: No. No. Because the healing all comes from within. Now, there are people who will have heard about homeopathy, and now that you have to label them, they'll see a little remedy that says it's for whatever it is, you know, diarrhea. And they may take this remedy for diarrhea. Now, because there's a matching process with a homeopathic remedy, you have to take the remedy that matches the energetic imbalance pattern. If you take an individual remedy and it's the wrong one, nothing will happen if you take the wrong one. And then that person could say, homeopathy doesn't work. Now they may have come in with an agenda of proving that homeopathy doesn't work, or that they can't be helped.

BZ: But if they came in with the agenda that it would work, but they took the wrong one?

Bronwen: They may get some placebo response.

BZ: But it may not work.

Bronwen: It may not work as well as it could, but it may give them some healing because they were willing to invest it with good energy. Sort of like the Dumbo story, where he doesn't think he can fly, and the crow gives him the feather, and so then he can fly, and then he loses the feather, and discovers that he can fly. Anything that is made with healing intention, and homeopathics are made with that healing intention, they're in alignment with the flow. Many drugs are made out of alignment with the flow, because they are made with the understanding that the body is the enemy, the body is the other, the body is something that lets you down, the body is this flawed system that breaks down, and then this magnificent brain of yours can't function anymore.

It's such a ridiculous view of the body. It's interesting, the body is an exteriorization that you can read, of the energy pattern that you are, and to go to the body and read its wisdom and work with that wisdom in your body through this other wisdom system which is homeopathy. (There are lots of wisdom systems, I mean, homeopathy's only one them. And a fun one. It's not the only one, at all.) And it's not the only one I use, as I love flower essences as a proactive healing system. My sense is that there's two different things going on with homeopathics. One of them is pulling out patterns of disease, and I see all of this as flocculating the patterns. It's bringing them out through the energy of the remedy, like returning it to source, so that it's no longer a part of your energy economy.

And then the other thing is doing a key and lock energetic matching that allows you to then open a lock that was stuck, so that you resonate at a primary level of functioning that was meant to be available but has become blocked as part of some experiences you've had. One of the gifts of the flower essences, if you combine it with some system like dowsing, is you can use them as a tool of consciousness.

For example, I told the story of my daughter having the sting and taking the remedy and immediate physical resolution. I could have tested her for flower essences for the sting and then read the descriptions of the emotional imbalance associated with those essences. It would speak to me about what was the emotional imbalance in my daughter and in me — because when you've got a young child, it's nearly always connected a lot with the mum and the dad, or the family or something else, as well as the child's agenda. It's never just the child's agenda when they're very young.

And then that would become part of the resolution and healing of the situation. It would speak to what was I not paying attention to in the health and healing of my child, as well as providing the physical resolution of the sting. Now, the Cantharis could have done that, too. But the way the homeopathics are written up, or were written up in the books that were available back then, was they didn't use the right languaging to talk about the energetic sense of the remedies; but Cantharis is a remedy that is working with boundary abuse.

BZ: So, there are new materia medicas, with fuller and more contemporary descriptions?

Bronwen: Yes. And a lot of it had been my own direct atunement to the remedies and what they're made from, and what is the energetic pattern that they're working with. A lot of what I work with has come from my sense of knowing. And then I take my sense of knowing back to the repertory or to the materia medica. It's like, "Oh, there it is." The clues were there, but they weren't written in that way. And so, my focus is very much on looking at what the emotional, psychological and spiritual energy is, because that's my focus - that's what I'm interested in.

BZ: I don't really know the background of the materia medica?

Bronwen: OK. The materia medicas are published by an individual, so it's been through an individual consciousness. They have often pulled information in from many other individual books that they have read or been exposed to, and also from working with plants, and having one's own access to what seems to be going on with plants. It's an interesting system, because you look up the symptoms in this dictionary of symptoms, just like with Chinese herbalists. There's an interest in symptoms that to your conventional doctor are absolutely irrelevant, you know, these weird little pains or funny symptoms that wouldn't even be seen as symptoms in conventional medicine.

BZ: Like cold liquids, as opposed to hot liquids..

Bronwen: Yes. Or you feel better when you play the piano. You feel better when you go outside, or when you come in, you want to go around covering your nose up, because your nose is cold.

BZ: Yes. Yes.

Bronwen: They're really bizarre symptoms, but we all have them. And one of the things that this does is you're so busy looking up the remedies that it creates in some sense a space in your psyche, it keeps your left brain, your rational brain busy, so that it allows the right brain, the guidance, to come out and then steer you to the choices, the match. Now what I have been invested in all these years is learning if we can go straight to the source. I truly believe that we live in a world where Goddess is not out to trick us, where the information that we need to support us in being healed is readily and easily available to us, if we know where to look and how to answer that quesiton. This doesn't mean that there might not be effort involved or challenge, but that it's not trickery, it's not that somebody's out to get us, or any of those things. And so one of the things I've been very engaged in is looking at how we can more effectively work with this guidance that is available to all of us on an ongoing basis - that we live with it, whether we acknowledge it or not. And are there ways to engage this guidance more directly in the healing process. One of the ways that I've worked with that is through dowsing and kinesiology. And there are other ways — there are lots of other ways.

BZ: Are there a couple of materia medicas, particular ones that you think are particularly good?

Bronwen: There's Robin Murphy's materia medica, which I like. And Boericke. Murphy's is the one that I have used as a resource to support me. And I still tend to go straight to the remedy to talk to me. It's certainly not the path that everyone needs to follow, it's just the path that I have chosen.

BZ: You pull it off the shelf and you do muscle testing or dowsing to test it?

Bronwen: Well, I don't always use homeopathics. My commitment is to teach people to do it for themselves, whatever it is. If I can do it, if you want to learn how to do it, I'll teach you how. Because we need to move knowledge, we need to get away from ownership of knowledge, because that becomes then something that can be controlled and contained. And the way homeopathy made it from the nineteenth century through to this place in the twentieth century when they [snaps her fingers] shut down the homeopathic schools like that was because lay practitioners kept it alive - women who carried their kits and continued to heal their families and maintained interest in it. And then it picked up again, beginning about twenty years ago, and so now homeopathy is a very widespread modality, and there are some parts of the country where it isn't, but it's really getting a lot more recognition.

But it's only one modality. It's not THE modality, but it is a wonderful map. And if you learn how to use homeopathy, you will be enriched. It's a wonderful mind-body discipline. And it was homeopathy that loosened my materialistic understanding of the body and gave me training in that, so that the body became less real, in some sense, and I don't mean that in a negative sense. It's like, "Oh, I've got this sniffle. What's wrong with me?" Because I had to look up the remedy, I got distracted from the emotional thing. "I've got this sniffle," became "What kind of sniffle do I have? What kind of discharge? What's going on here?"

And then you have to pay attention to all these other aspects of how your body was responding to it, so that you move into being a little detached from the emotional experience of this physical expression. And I began to distinguish that there were physical symptoms that were expressions of distress and physical symptoms that could be exactly the same, but were really expressions of my body healing itself, of clearing out some garbage because of some emotional work I perhaps had done. And that was not a construct that had been there until working with the discipline of breaking down the symptom picture in order to use a repertory. I was able to have a more objective view of the symptoms, an objective view that viewed the body as sacred and wise.

Not all homeopaths would talk about homeopathy the way I do. I'm not a homeopath, I'm someone who uses

homeopathic remedies. Because I'm not a physician. I'm not qualified as a physician. And when I say I'm a healer, it's this idea of being a spiritual midwife — I facilitate somebody's healing, but the healing is all within the other person. I can just call it forth. Do you see what I'm saying?

BZ: I certainly do. Yes.

Bronwen: This is what is missing in the medical model: the people that are in the ideology which is not life-affirming see themselves as being honest and courageous and real, and dealing with the pragmatic reality rather than dealing with deluding people by offering them false hope, but what those people are really talking about is the loss of hope in their own souls, and of course if it's not there, they cannot offer it to their patients and their clients or whoever. This is, to me, the key duality in existence: do we live in a world that is invested with consciousness or not? Well, of course we do! If we have consciousness, you know, where do we think it all comes from?

BZ: My son is faced with major developmental challenges. And a wise older man who I respect and who was very encouraging to me along the way said to me many times, "Bill, the doctors are afraid of giving you *false hope*, but really it's *false no hope* that's a greater risk than false hope."

Bronwen: Yes. I'm right with you. Absolutely. The world is miraculous. This is the future I'm in for, that the miraculous is going on all the time. We need to learn that the miraculous is commonplace. And this is the aftermath of the Inquisition or some of these other traumas to the human psyche that are still needing to be healed, because they were so powerful in their containment of our sense of hope, or the Holocaust would be a more recent example of an anti-life ideology gaining ground. I always bring it back to the personal. What's going on in your own heart, and where do you come down on that, and to always seek forth the highest truth.

And one of the hardest things in our culture is for us to be willing to stay in that place of uncertainty, when we don't know, and to allow the real knowing to come, and so often our decisions or our doings are coming from the need to have something certain in place of mystery.

There's nothing wrong with that kind of business. I think that psychologists sometimes call it premature cognitive commitment. But we have to call it what it is, that when we don't know, we will come up with something to pretend we know, to deal with our fear of uncertainty, instead of being willing to stay in the space of "I don't know." And we have to go, I call it spelunking, you know, caving in intrapsychic space, and find out what time bombs we might have hidden away there out of pain or shame, and at the same time, what gifts we might have hidden there, because we didn't have permission to claim them. When we get people functioning closer to their level of potential, magic.

BZ: Let's talk about herbs. Would you talk about herbs and when you use herbs, and maybe even take me through the different kinds of 'plant magic,' which you describe in your brochure?

Bronwen: I love working with the flowers. And I love working with plants as healing agents. Sometimes it's really nice to do it in an ingestion process. You could also work with plants in a consciousness way. Many people have an affinity to a tree or another favorite plant in their garden, without maybe using the language that I would. I used to tell this story of, of course the plants have consciousness, everything has consciousness. The story I used to use to have people be more open to this, is when you walk across your living room, and you suddenly say, "Oh. I've forgotten to water the philodendron." Where do you think that thought came from? And it's the plant communicating with you.

But we're taught to be so egocentric to see that we're the source of the universe in a very limited way, instead of, we're in constant interactive communication with all this other consciousness that we don't even begin to know the half of it yet. Because we still have all these gateways that say, "Can't go in there — I'm not going to explore that — that's too frightening." The idea that plants could have consciousness? Are you kidding? Or the idea that my dog could talk to me?" It's amazing how many people know that, but they keep very quiet about it.

So when I say plant magic, I'm talking about the gifts that there are within plants for healing that we can engage very positively. Now some people talk about it as engaging the deva, the energetic pattern within the plants, or other people would use the word "the angel" that is there, but we're really talking about the healing service that plants are willing to give to humankind. And we could only engage that if we're open to it. You can't get the healing that might be available to you from your best friend, if you don't call them up and ask for their help. In some sense, you have to make the connection. So the healing energy from the plants is the same kind of thing.

Now, when I talk about these different kinds of magic, the flower magic, it's talking about partly working with the delight, in this case, of making a cup of tea that is just from the flowers of the plant, and getting the combination of the colors and the tastes, and the aromas, which in itself is such a potent sacrament, if you like — that you're getting all of that energy. And also you're creating a space in your life to do something as nourishing as to sit down and make yourself a cup of tea. Then, in turn, as well as having all of those nourishing and healing components just from the taste and the aroma, it also has the physical qualities, the physical chemistry, the intelligence of the plant coming in that way, providing you molecules that are intelligent, that our body's just longing to have. It's sort of like someone who's a stamp collector and they've always wanted to have this rare stamp, and then finally they get this opportunity, and with that, their collection is complete.

BZ: So the magic is not just in the hallucinogenic plants, it's in all of them.

Bronwen: No, absolutely not. Please! It's in all of them. But when you ingest the tea, you get some of these magic chemicals. It's like intelligence that then provides a piece of chemistry that then your body can work magic with it. So that's the sort of more physical component about it. And some of that magic chemistry allows your body to make neurotransmitters, maybe, which, you know, what they're doing is conducting intelligent conversation within the body. And so when you work with the plants, you set up this kind of incredible intelligent conversation...

When you're eating the meat of an animal that has lived in nature, you're not just getting the physical proteins, chemicals and minerals, you're getting the magic of the plants that animal ate of. Years ago, of course, I read Heidi, I mean maybe you don't in this culture, but everybody growing up when I did, you read Heidi.

BZ: We certainly saw the movie. Maybe we didn't read it. But certainly, it reached the culture.

Bronwen: Well, anyway, subsequently, I was listening to it on tape with my kids. We were going on a long trip. And I listened to it with my adult ears. And Clara, the girl with TB got better in the mountain air, drinking the goat's milk. But when I listened to that story this time, there was such wisdom in it. What did Grandfather do? He said to Peter, the goatherd, "These are the two goats that Clara is going to get her milk from. Take those two goats up to the high mountain meadow, where they will eat the healing herbs." And then, it was only their milk which she got. So the healing, you know, that milk wasn't just proteins and carbohydrates and this kind of stuff. We have done such disservice in limiting our understanding of milk to chemistry of that kind, instead of looking at this complex chemical soup, this plant pharmacy, that comes in with the milk. This doesn't come in at all with a feedlot animal. A cow is such an intelligent creature that goes and selectively feeds on healing herbs, the herbs of the meadow. And in the past there was this integral system, where you were nourished by the plants growing on your land, which grew there because they knew they needed to grow there in order to nourish the people that lived on this land.

BZ: So, when I go buy organic milk at the Food Co-op or Whole Foods, I'm not just getting the lack of fertilizers and pesticides and antibiotics, I'm also getting the entire environment in which these cows are living and the herbs that they're eating and everything.

Bronwen: Yes. You're getting into the interconnectedness of everything, because obviously you're going to get more nourishing milk if it's from cows that have grazed, but also if it is cows that are grazed from whole land - land that is growing a natural vegetation - one that is in balance, that doesn't need fertilizers to grow the food that they eat. But when you have land that is put in fallow to regenerate and recuperate, now, just as there's homeopathic medicine for the physical, you know, for the humans, there is homeopathic medicine for land, you can call it that. The science of radionics, is the science of healing the land. You can also use flower essences and homeopathics directly to heal the land. You can use them to heal the land that your house is sitting on. And it isn't just the only way you can do it.

The whole ancient Chinese art of Feng-Shui is about healing the land and working with the energy of the land. More and more individuals within this culture are beginning to hear in their hearts the call of this truth. I see, this incredible rebirthing in people's hearts and souls as they start listening to their own body wisdom and to the truth that is inside each person. You can seek to destroy it with an Inquisition, you can do a Holocaust, but the wisdom is indestructible. The knowledge stays in the land. We are regaining the wisdom in the land. And the land is going to come alive again.

BZ: Things have changed slowly over the last twenty-five years. The Food Co-op, and now Whole Foods are stores which, in a sense, celebrate healthier eating and nourishment. When I go into a Kroger's, the difference is profound between the vitality of the vegetables, between what they're selling, between even the mix of goods.

Bronwen: And we've had the Co-op of course for years. But a lot of people, for whatever reason, wouldn't go to the Co-op, but they will go to Whole Foods. I don't know that that's true so much anymore.

BZ: Right, and I was mentioning Whole Foods almost as a demographic phenomenon, because I've been a member of the Co-op for years and years, and it's just interesting. To me, Whole Foods represents a coming of age. And I just think it's an interesting manifestation of where we are in the mid-1990s, at least in a town like Ann Arbor, that there's such receptivity and passionate interest. So you were talking about flower magic. Do you want to talk a bit about leaf magic and root magic?

Bronwen: In terms of the different kinds of magic, when you're working with a leaf magic, each leaf has different qualities, but all leaves address issues around how boundaries are exchanged because they're the breathing organs of the plant. So they talk about our access to life. They can address sometimes very specifically related to breathing, but they don't necessarily do that. But working with our relationship to the other, to taking in nourishment and letting it go. And if you think of leaves as food, when you're using leaf teas in some sense, you're using them as a nourishing resource. Leaves as food are high quality nourishment that enhance our sense of self; if you think of spinach, it energizes. It nourishes the blood — the blood is part of who we are. We talk about bloodlines and this stuff. So there's this kind of symbolic value in each part of the plant.

> "You can't put the intention to heal in a bottle. It comes from the heart. It comes from the soul. It is within each human being."

The flowers, of course, carry the reproductive energy, and they have a real concentration of chemical magic in some sense, because of that. And they work also with our sense of expression into the world and being who we are and allowing ourselves to express in that way. It very much relates to the nervous system.

The root magic works with our sense of grounding and the deep nourishment. They often work with the deep immune system, and that deep sense of being connected to the wellspring of life and there's lots of variations on that, but that's part of the energy that they work with: our sense of connectedness and safety and stuff like that.

BZ: Seed and fruit magic.

Bronwen: Seed and fruit magic is the expression of the life force, very concentrated nourishment and creative force, its potentialities. So that there are things like, you

Interview with Bronwen Wildflower (continued)

know, there's all those herb seeds - fennel and caraway and anise and coriander - all of these have healing qualities as well as taste qualities. Different herbs have things in different amounts so that many herbs, or most herbs will have part of it being a cleansing away of stuff that we're ready to let go of and at the same time a replacement with some things that are more nourishing. Now, there's a different balance in different herbs of those two components. Some herbs have a lot more of the cleansing and a bit less of the nourishing, and some have less of the cleansing and a lot more of the nourishing and you want to work with what your body is calling for.

The stem and bark magic is, I think, communication magic because the stem is the conduit between the flower and the roots, the conduit between the earth and the sky and it has a lot of that kind of communicative intelligence in it that we can work with. It's also about filtering, if there's anything that's between can act as a gatekeeper, too, that helps us learn decision-making and discernment as well, very often.

Kitchen magic is really kind of a chance to look at all the plant foods, all the plants that you have already in your kitchen that have nutritive qualities, that you can call on their nutritive qualities, the herbal healing qualities when you're cooking, so that you're cooking becomes healing. And it's a dialogue I carry out all the time: why is it I'm so attracted to so much oregano and sage at the moment? And I know about their healing qualities, so I look, is this because I'm strengthening those qualities, is it because I'm feeling under threat, because both of them have some antiseptic qualities to them, or is it a protective quality, or is this is a bitter stimulating quality? And I play with my food [Both laugh] in this way. But it's really talking about bringing intelligence there.

> "You can seek to destroy (the truth that is inside each person) with an Inquisition, you can do a Holocaust, but the wisdom is indestructible. The knowledge stays in the land. We are regaining the wisdom in the land. And the land is going to come alive again."

BZ: But you're essentially talking about the qualities of plants in terms of the intelligent qualities they bring to the human being, not so much in terms of how they affect an organ.

Bronwen: And I could talk about that but I'd have to get very specific and we don't have an opportunity to do that. But, you know, it's a system that you can open more and more deeply, it's such an enfolded system.

BZ: Good. Would you tell me something about your practice, when you began it and what kind of practice it is?

Bronwen: Well. What happened after I started taking care more and more of the children's health by using these alternative modalities, and I belonged to a study group of other women who were interested in doing this with their children, what began to happen is people would call me for suggestions. And so people would call me to ask questions, and then because there were issues around how I was going to spend my time, after a while I began to do this more deliberately with appointments, but my focus has been very much on not just somebody coming and then I tell them what they might do, but on teaching them what I'm doing so that they can do it themselves; I'm sort of teaching someone how to fish rather than giving them a fish.

BZ: Educational purpose.

Bronwen: Yeah. And because of my own fascination with learning, I have a very broad ranging access to resources and so I suggest the resources that I feel would work for that person. I'm reading the person. Now I wasn't doing this full time. I was also working at the University. And I've been really interested to look at how you can apply this model at the business - what do you call it - the corporate level, to a structure, to an organization, as well as to the individual because they're all maps of the same thing, and it was a wonderful opportunity to be working at the university and seeing all the map of the body playing out there, and how the health of the different parts of the body had impact on the overall structure. So I evolved into being a spiritual midwife — being someone that people can come to regularly if they want to, but my clientele is often drawn from people who come at a certain junction, they get to a stuck place, and they need someone with a bigger vision to look at it and to read their map and to find where the juice is that isn't flowing properly and say, "Have you looked there?" and then to suggest solutions. So my work is very much more in that model. I send people away with what they have to do, in some sense. Because I can give them the map, but then they have to try the map and see how it works.

And sometimes what I'm given to pass on to them is a map that may not be the solution, but in the process of following the map they will find the solution for themselves, so this is why I keep saying my work is of working to empower, because everyone's power is within them. I cannot give power, and I "could take power" but I couldn't use somebody else's power; you can only use your own power. So people come to me very often thinking, feeling stuck and so I show them where their power is and how they can then access their own power. So that's what I do.

BZ: Now I knew you occasionally as a customer at the store as Bronwen Gates, and I notice that you now are going by the name Bronwen Wildflower. Did you legally change your name?

Bronwen: I did. It was an amazing journey. I decided I needed to leave the University because I felt silenced.

BZ: What did you do at the University?

Bronwen: I directed a program for eight years that trained graduate students how to teach. And the focus was also on bringing. . .

BZ: How to teach botany or. . .?

Bronwen: How to teach a variety of disciplines. It was a fascinating job because I got to get a peak into all these different disciplines at the University, many of which I never even set eyes on before. And part of the focus was on having TA's be more cognizant of the diversity in the classroom and become more multicultural in their own teaching awarenesses.

BZ: Were you considered a faculty member?

Bronwen: No. I was called a lecturer, but that's not faculty.

BZ: So you didn't teach botany. You were doing this.

Bronwen: No. I did occasionally, when they were short of faculty, after I finished my degree and once the kids got a little older, but I didn't have a faculty position. I was not a research botanist. Anyway, no.

BZ: So back to your name. Sorry.

Bronwen: So I left the University because I felt this wasn't my destiny, my life path, that I was not congruent with the map of the University, that I didn't value this research model enough for it to be a good match. And I then spent two years, which just ended a couple months ago, really going very deeply into myself and understanding what I really thought I was here to do, and what I needed, what changes I needed to make, what skills I needed to develop, or whatever it was, in order to become more authentically who I am, in some sense.

And as part of that process, I realized I wanted to change my name. Now, I'm not going to talk about my relationship with my parents or anything, but I wanted to change my name. And I started thinking about this about a year ago. And then I decided I would initiate it in early January on my birthday. And it was very significant to me that on December 31 of last year, just before the start of the new year I was going to initiate this change, my father died. In some sense, out of the blue, and I won't go into the story. Anyway. So I initiated the process in January and it became legal in January, but I didn't claim it, and I thought, "What is going on here? What kind of coward are you? What kind of Milquetoast?" And I realized that I had done what my style very often is: I put out an intent into the future, this is what I want to do. And then in some sense, my guidance changes and says, "Well, OK. If this is who you want to be, this is the homework you have to do in order to live up to that intention." And so I then spent nine months - and I claimed my name nine months later - of very intensive personal evaluation, going into core beliefs that I still had not resolved, almost unmaking and remaking my personality.

And I went through my whole life story in some sense, and reconceived myself - it's an interesting idea - and then was born into this new name, because I felt it embodied who I was going to be as a teacher, who I am as a teacher. And that I'm here as a spiritual teacher. Now, of course, when I was, going back to the beginning of the interview, when I was eight years old and I talk about how much I liked the natural world, I didn't have any language to say, "I want to be a spiritual teacher." I mean, of course I couldn't have; even if I had, who would have taught it?

I have been in a rigorous educational process over the last 20 years, *since* I completed my Ph.D., but it has all been by Spirit with a lot of help from my friends. So, my instructors have not been physical, in some sense, and it has been challenging — let's put it that way. But this is what I have had to become totally comfortable with if I'm going to be a teacher. You can't be a spiritual teacher if you're not comfortable with Spirit.

BZ: And is there anything about this particular name that. . .?

Bronwen: Well, yes. In lots and lots of ways. It speaks to my lineage, which is of the earth. I feel more nourished by the natural world, than I do by people, which doesn't mean I don't enjoy people, but the emotional energy that I get from people, especially people who are not

very conscious of their emotional energy, is very challenging to me.

BZ: It's like being very sensitive.

Bronwen: I'm very sensitive, and it's like being in pollution, and getting dirty all the time. And I've learned, I'm learning, much more about boundaries so I can handle it, but that's not what I want to do with my energy all the time.

BZ: It's a purer interaction with a plant.

Bronwen: Yes. So, there's that. And the wildflowers were just such a passion, have always been such a passion. And I include in wildflowers, at some level, trees and anything that grows. And it also has such a global connection. There are wildflowers globally, and I very much have a commitment to global healing as part of this interconnectedness that is the nature of reality.

BZ: Would you talk about crones and grandmothers?

Bronwen: Yes, you wanted me to talk about Grandmother energy or crone energy. I'm excited about pulling in the energy of the wise woman. But it's a woman of power, a woman who owns her wisdom. A woman who is valued for the knowledge and gifts that she brings. And we live in a culture that is production oriented, that you're valued on what you produce in a very tangible way, certainly, at least by financial reward, that's true. And you're measured by this kind of financial productivity so that tasks that don't produce a tangible product, I mean mothering produces a tangible product in terms of a child, but it's not measurable by any very easy parameter - that is not something that gets a lot of financial remuneration

> "My focus has been very much on not just somebody coming and then I tell them what they might do, but on teaching them what I'm doing so that they can do it themselves; I'm sort of teaching someone how to fish rather than giving them a fish."

And the gifts of the grandmother or the crone are like the gifts of wisdom that are these gifts of spirit. They're not production gifts. They are gifts where you see the true value. The value that is based on character and principle, integrity and respect for all life and a commitment to looking for solutions and being willing to hold with uncertainty until you can find a solution that honors both ends, rather than an 'either or' in which one party loses.

Now you don't have to be a physical mother, but I think mothering or parenting is a very good training ground for that uncertainty. Certainly, you have to live with a lot of uncertainty raising a child, because you do the best you can, and then, at some point, you have to surrender to the child, or to the young adult. You have to let them go with what you have done the best to give them, and let them see if it works for them, or how they can turn it into their own map for living a life of integrity.

And the shift for a woman is to gather all of the gifts that have come all of the experience you've gotten from interacting with the world and that has shaped and contributed to who you are, to bring all of those gifts forth to shape the world. The role of the crone is to be an energy holder for the planet, in some sense, by having worked with ideas of principles of integrity and honesty and wisdom and truth and justice and all these other qualities, intangibles. A crone has developed her own interpretation of those and then seeing how that plays out at a global level — how can you apply those qualities to the big picture?

How can you dream a world that honors all life? Because one of the things that you get as you get older is the gift of long vision - it's seen as a defect, farsightedness, but really it's the gift of being able to see patterns coming around again, and saying "No, we've done that pattern. It doesn't work; it goes here." And then, "No. We've done that pattern, and that doesn't work; it goes here." And then being willing to hold with the uncertainty and say, "There has to be another pattern. Maybe it borrows a bit from there, and a bit from there, and then together they can create something new."

Or maybe together, the wisdom of the elders can offer that wisdom to the young people who then can create something new. It's not that the elders have all the answers; it's the interaction of the elders and the new knowledge that is coming up in the children. The children always take it further, but they need it to be balanced by the wisdom of the elders. And there is such a void in our culture because of the absence of the voice of the crone, the wise woman, and the disempowering of older women, because they are not seen as productive. If a woman is defined by her role as object of beauty, it's hard to hold onto that role into your elder years. I mean, as object. Or as productive mother. Or as drudge, sometimes, someone who does all the housework. Those roles are going to be less easily fulfilled as you get past a certain age, perhaps.

BZ: So the entire culture is missing that.

Bronwen: Yes. Yes. Yes. Because that was the energy that was effectively silenced and stifled by the witch hunts. And it's not just in women, I mean, it's the wise woman within every man, too. The feminine energy is not an exclusive province of the woman, just as masculine energy is not just the province of a man. We need to balance it within our own body's economy as well as in a gender sense, too. So part of my teachings are about calling together women (and men) who want to pull that energy in, certainly in their own personal lives, and also by going forward into the future in our imaginations to create these wisdom-keepers whom we will grow into. And there are some wise women who are being identified at this point and are being given some recognition. But you don't see them in the hierarchical structure of our culture, so you don't see those women as being given positions of authority — I won't call it power, but authority in institutions or the medical system or religion.

BZ: Or even on boards of universities, in particular. And I notice that you seem to have made a commitment to teaching more, or to reaching more people.

Bronwen: Yes. I'm a teacher. This is what my eight years training people to teach is connecting back to; I quit teaching when I was twenty-six because I didn't know how to teach. And I'd been through a training program that was supposed to teach me how to teach. It didn't teach me a thing. It was worse.

BZ: Do you think you know how to teach better now?

Bronwen: Yes. There's nothing like trying to teach other people to teach you how to do something. Good teaching is fundamentally a very very challenging activity.

BZ: And are you teaching in all of these classes mostly women? Or are there any men in any of these classes?

Bronwen: There are some men in some of my classes. I certainly welcome men, if they're comfortable being taught in the way that I teach. And if somebody wants to come and have me deposit information into their head that then they will take away, I guess I'm not interested in doing that. I want people to make the knowledge their own. Now sometimes I do teach facts, because there are certainly facts that are available, but I'm teaching a process and so much emphasizing our individual personal access to power and authority and wisdom.

I mean, there are two different kinds of classes I'm teaching. I'm teaching classes that are a process, and I'm also teaching classes that are about my particular passions, which are the plants, but the process can be used even if you wouldn't know a dandelion from a bluebell. [Laughs.] And I want people who, in some sense, don't know a dandelion from a bluebell, but who want to use this process to bring that way of viewing the world into what their passion is. Because this is the path of change, of birthing something new. And life is always creating itself. And the whole thing about something new, is that it's new, and we've never known it before. It's not recreating the old; it's jumping off of the old, but it is new, and we haven't done those maps yet. And that's what's so exciting to me. And I want lots of people to do this.

BZ: Well, you have a wonderful amount of passion and excitement, just as you talk about what you do and what you think and feel. I pleasantly surrendered to the flow because you are such a great interviewee in terms of liking to talk and having really interesting things to say, but I feel I failed to ask you about specific herbs, or specific books.. I didn't ask you about a single book to recommend for people who are interested in herbs.

Bronwen: But I don't think that's what an interview is about.

BZ: Well, it can have a little of that in it. Sometimes people want specific information so they can finish the piece, and say, "Oh, Bronwen recommended that book. I don't know if I'll go to see her, but I'll go and read that book."

Bronwen: You know what I can do for you? I can give myself the homework assignment of coming up with a little reading.

BZ: Not too many. Maybe just a few great books that have really inspired you.

Bronwen: And that's always hard for me because I have the kind of mind can get fascination out of anything. That's the gift of my rigid education — I had to learn something to do while I was sitting there bored out of my mind, so I learned to be creative with . . .

BZ: With whatever.

Bronwen: With whatever. But there are some books that have been particularly meaningful to me.

BZ: I certainly would like to know an herb book or two that you think really. . .

Bronwen: I tend to pick and choose, because it depends on what you want. David Hoffman's Herbal, we mentioned that, and I loved the introduction to each chapter. His descriptions, he's just got it. He's really good. But the herbs that he recommends I have a much harder time with. I don't like his access to herbs in the same way at all. They all feel flat to me. Now, I love Susun Weed's books because she's so juicy, and the way she talks about the plants is the way I like to talk about plants, too, and so maybe there's never going to be a book that has it all.

BZ: But that was interesting, what you just said.

Bronwen: I like books that are maps to consciousness. Like Starhawk's novel, *The Fifth Sacred Thing,* which is such a wonderful map to consciousness; it's so rich. But there are lots of wonderful books.

* * *

A Few of Bronwen's Favorite Books

Machaelle Small Wright — *Behaving as if the God in All Life Mattered*

Machaelle Small Wright — *Flower Essences*

Starhawk — *The Fifth Sacred Thing*

Gill Edwards — *Living Magically*

Barry Kaufman — *Happiness is a Choice*

Lazaris — *The Sacred Journey: You and Your Higher Self*

Barbara Hand Clow — *The Mind Chronicles Trilogy*

Stephen McLean, In His Own Words

(Editor's Note: The interview below came to us unsolicited from Stephen McLean, who is a local Network Chiropractor. We liked it, and so here it is, basically unchanged except for the title. Dr. McLean had humorously called his piece, Interview with a Quack. We don't think that title did him justice, so we changed it.)

Interviewer: Dr. McLean, do you prefer to be called doctor?

Stephen McLean: No, actually I prefer being called Your Royal Highness, High King of the Upper Universal Realms of Consciousness, but Steve will suffice. One time I was in the woods doing a vision quest, and I called my wife, Nancy, to check in, and she asked me if anything had changed. I replied, yes, my name is now Ed, but I was just kidding.

Interviewer: How did you first get involved in healing?

SM: When I was younger, and would periodically have symptoms or a fever, my mom would sit by my side, place her hand on my forehead and speak gently to me. This always caused me to feel better.

Interviewer: What made you decide to become a chiropractor?

SM: My mother was a bit of a quack herself, so it must have been genetic. In the 1950's this crazy lady believed that you should reuse your paper sacks, bury your compost in the yard, grow and eat your own fruits and vegetables, let a fever run until it was done, avoid medicine at all cost, and never, ever let anyone inject you with some experimental vaccine, the consequences of which are unknown, sometimes for generations.

Interviewer: But how did this influence you to become a chiropractor?

SM: Well, after my mom got over Polio, when I was around seven, she began to have some backaches, and sought relief through chiropractic. But then something magical happened. Her personality began to change. She seemed less tense, and irritable. My family all noticed this. She kind of had a split personality, one part of her was this incredibly gifted healer, and the other part was the wicked witch of the west. After her chiropractic sessions, she always seemed more patient, less snappy.

Interviewer: Did she take you to the chiropractor?

SM: Not at first, we didn't have much money, and my father was pretty medically oriented. He had been in premed in the 40's when he joined the Royal Canadian Air Force, to fight in WW2. One time when my mom was on a retreat, he took us to get polio vaccines, which my mother adamantly opposed. When my mom heard about it, we heard the word divorce for the first time, and he never took us back for more. I kind of liked the sugar pill though, that was good marketing. I think you could get a lot more people to take vaccines if you put them in snicker bars, or gummy bears. Anyway, she took my brother to the chiropractor first. He had had a traumatic birth. The nurse had crossed my mother's legs and held his head in for almost twenty minutes, while waiting for the doctor to arrive. I guess the nurse felt that my mother was incapable of birthing her fifth child without the doctor present. It appeared that this may have caused some damage that led to him being extremely overweight, and having constant respiratory problems. After one bout with croup, where we almost lost him, my mom hauled him off to the chiropractor to get adjusted. I remember the chiropractor twisting his neck, and I asked him if it hurt, and he said, no, it just made him feel warm and tingly inside. Within six months he had lost 30 lbs. of fat, and from then on had no respiratory problems. My first experience of chiropractic came about when I was seventeen. I was a junior in High School, was 5 foot tall, and

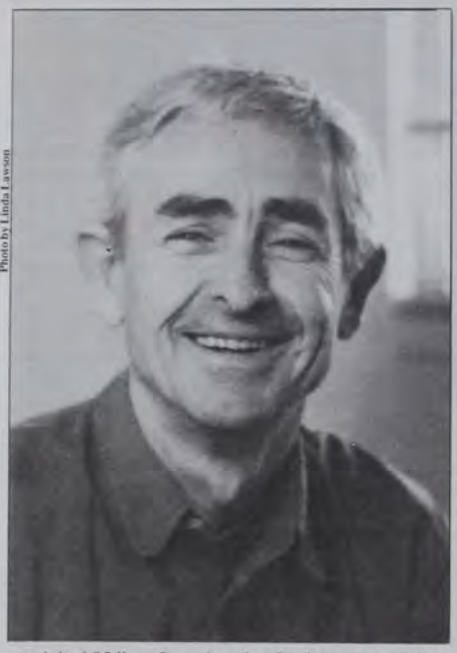

Photo by Linda Lawson

weighed 85 lbs.. I was begging for hormones, and growth pills. My mom mentioned this to her chiropractor, and he said for her to bring me in for a checkup. After feeling my spine, he said that the nerves to my thyroid were pinched, and he was going to adjust the bones in my neck so that proper information would be restored from my brain to my body. I said cool, and he proceeded to twist my neck. I felt a cool sensation run down my arms, and then a tingling feeling return to my hands like they had been asleep, and were waking up. He worked on me a couple times a week, and I began to grow, five inches in the first six months, four more in the next six. Needless to say, I was impressed, and delighted to finally be as tall as many of the girls in my class.

Interviewer: So, did you go into chiropractic right out of college.

SM: No, I dropped out of college in 1971, and moved to northern California, to live on a communal farm. I felt that this was my first exploration into what I now refer to as an alternative to the sanity of a forty to seventy hour work week. I basically could work three to four hours a day in the fields to cover my rent ($25 per month) and any foods that I couldn't get from the garden or coop farm store. For two years I learned how to have conversations with people, where people actually listened to what I was saying, and shared their ideas with me. Often we shared similiar ideas about life. I played guitar, learned to weave , learned carpentry skills, gardening, and got to milk goats. It was very idyllic, but after two years I was drawn back into the world sensing I had some sort of destiny to fulfill.

Interviewer: So did you return to college?

SM: No, my father suggested that I learn a trade, so that I could pay my way through school earning more than minimum wage. So I went to hair styling school for a year, trained in Beverly Hills for a year under Shoichi Mogi, the 1972 World Champion of Hair cutting (there is actually a hair cutting Olympics), and then worked for a couple of years in an exclusive salon in Pasadena. I finally was forced to go back to finish my prerequisites, after injuring my back doing yoga. I won't even get into that story. While I was in hairstyling school, I met a woman who was a patient of John Thie, the chiropractor who started Touch For Health, a way that lay people could affect their health through applied kinesiology. I took the introductory training, and would work on people in the hair salon, whenever they would let me. After completing my prerequisites, I got in my 1961 Volkswagen bug and set off, with my two parakeets, across America, for Davenport, Iowa, the birthplace of chiropractic and home to Palmer College of Chiropractic. After three and a half years of study, national board exams, and promising never to intentionally hurt anyone, they said I was a doctor. I moved the tassel from the right to the left, and became in that moment Doctor McLean. I didn't really feel much different from when I was student Steve, but I figured that would come later, probably at the same time that I would begin to feel like an adult.

Interviewer: I understand that you've been in Ann Arbor for over sixteen years. How did you get here, and how did you get involved in Network Chiropractic?

SM: I tell people that I got to Ann Arbor by turning right onto highway 80 instead of left. Actually, I was invited to come by Dr. Robert Rose, who was looking for someone to take over his practice for a month, so he could attend a course in New Hampshire. He offered for me to practice out of his office during his off hours until it was time for the course, and I got busy and never left. We practiced together for seven years, and he taught me how to truly care for people. I learned a tremendous amount from him. He has a gift for making people feel good about themselves, and he helped me to begin to heal from many of my life traumas. Four years ago I was introduced to Network Chiropractic. I had become disillusioned with chiropractic, and had intensified my own healing through Neurolinguistic Programming (NLP). I decided to pursue NLP as a career and set about on a five year training program. In February of 1993, I received my Master Practitioner Certification from NLP Comprehensive, and in March I flew to Dallas, Texas, to find out how to market and sell my chiropractic practice. Instead, I met Doctor Donald Epstein, and as the saying goes, the rest is history. I learned Network Chiropractic which utilizes a network of chiropractic techniques to bring about spinal health in a very gentle and honoring fashion. Since March of 1993, I have devoted myself to the study and practice of this work. I have a wonderful practice full of people I consider my good friends. Three years ago I initiated a series of health and consciousness lectures and playshops, which introduced people to practitioners of various forms of massage, body work, psychotherapy, spirituality, metaphysics, health practices, and nutrition. Recently, I have been giving workshops on the healing power of breath, and am considering doing a series of classes on overcoming allergic responses through thought repatterning utilizing NLP. My favorite thing though is to be with my family, riding horses with my daughter Claire on our property in Scio township, playing hockey with my peaceful warrior son, Aaron, gardening with my wife, Nancy, or attending my daughter Brenna's piano recitals. My life seems now like a dream, after resolving many of the nightmares of my past. My own healing has involved remembering and releasing traumas of a mental, emotional, physical, and spiritual nature. As I remark to many of my clients, "you probably can't come up with a trauma that I haven't experienced." My intention in life now is to learn to live in the moment, experiencing my whole range of feeling, including allowing joy in my life, helping others to regain their personal power and health by taking back their responsibility for the world they live in. I aspire to inspire. Breath has incredible healing qualities. I frequently mention to my patients, "live people breath, dead people don't, show your commitment!! And lastly the motto of my office: The world is changing, one spine at a time.

Messages from Across the River

By Steven Falcone

It was close to 11:00 p.m. when my mother phoned. "I'm scared Steve," she said. "When I kissed your father goodnight, I told him that I'd see him tomorrow morning, but he shook his head no. He wants you to stay with us tonight, can you come?" "Of course mom," I replied. "I'll be there in 20 minutes."

Driving the short distance to their home, I reflected that my wife Kim and I had been anticipating this call for the last few days. We both intuitively felt that dad would be making his journey soon.

Diagnosed almost 11 years ago with lung cancer, he had been given little hope of recovery. However he was very special, and achieved full remission for over 8 years. Dad, a deeply spiritual man, had often said, "I'm not ready to leave yet." He instinctively used guided imagery and prayer to give his clinical treatments a boost.

Recently the cancer had manifested again, and dad began to grow restless and tired. His body slowly began to shut down. Hospice was called to help with his comfort, and a hospital bed was set up in his living room so that he could be at home with his family.

I pulled into the driveway and met mom at the back door. "I think he's getting worse," she said, and as we went into the living room that now felt like a hospital, I silently agreed. My dad, thin and frail, labored to breathe even with the help of an oxygen pump. Mom and I each held one of his hands and gazed lovingly at him as he drifted in and out of consciousness.

Mom's bedroom faces the living room, and I suggested that she try to get some rest. I reasoned that she could see and hear everything that was happening, and that I would call her if his conditioned worsened. She agreed and went to lie down and I settled in on the sofa near dad.

Neither mom nor I slept as my father's labored breathing kept us constantly checking on him. At 4:30 a.m. his conditioned worsened and I overheard my mother by his side, telling him that it was ok for him to let go, that she would be fine and that they would be together again someday.

Dad's breathing calmed, and he fell into a deep sleep. Exhausted, mom lay back down and I continued my vigil. Dad's breathing continued to calm, so calm in fact that I found myself continually checking, checking to see if he was still alive. The room grew peaceful and quiet, only broken by my whispered voice reassuring my mom that dad was asleep.

I found my mind wandering, and my thoughts began to drift. I was in a state somewhere between consciousness and sleep. Suddenly, I found myself standing on the edge of a wide river. The air was warm, the water was clear and there was a great feeling of peace. In front of me, floating in the water, sat my father in a sturdy wooden boat. He looked like the early pictures I had seen in the family album, young and handsome and healthy. He smiled lovingly at me, his eyes were clear and full of joy. Across the river I saw people waving, waving at him, and I recognized some of them as people who had died. I saw my grandmother, and my aunt, and some of my dad's friends. The boat began to move by its own power, began to move towards his family and friends. Dad looked back at me, smiled and waved.

As his boat reached the other side of the river my eyes immediately opened, and I was again in the living room. Two minutes had passed since I last checked his breathing, and rushing to his side I saw that his spirit had left and he was gone...

The day of the funeral came and I suddenly remembered the old file cabinet in the basement. Dad had entrusted the secret of the old cabinet's contents to me earlier that summer. Hidden within were valuables that would help to ensure my mother's security after he passed on. Valuables that only he and I knew about.

After the funeral I rushed to the cabinet in the basement but I could not find the valuables he described. I searched over and over to no avail. Why hadn't I checked it when dad was alive? Could he have been mistaken? Did he hide the valuables somewhere else? I searched one more time and found nothing.

I hadn't mentioned any of this to my mother, expecting to surprise her, and now I was glad I hadn't.

In the weeks that followed I began to help mom get her affairs in order, and I started to organize the basement cabinet. Systematically I reviewed and either filed or discarded the contents. I marked a large stack of old material to be thrown out, and realizing that I was about to be late for an appointment, I set it aside and told mom that I'd see her tomorrow.

That night I had a vivid dream, a dream in which my dad came to me. He showed me that the valuables were hidden in the materials I was about to destroy. The next morning I drove to my mother's home and resumed my search. My hands trembled as I remembered my dream from the night before, and halfway through the pile, hidden inside the flap of an old appointment book, I found the treasure.

"Mom," I called upstairs, "I think you should sit down, I have something to show you, something from dad."

I believe that hunches, dreams and intuitions have special meaning. My dad communicated with me in my dreams. This connection with him not only conveyed important information but was very comforting. My father has helped me confirm my belief that we are all connected in spirit, and this connection transcends time and space.

Steven Falcone is a Reiki teacher and hypnotherapist.

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Book Reviews

Zen From the Heartland

By Rebecca Roberts

(Stumbling Towards Enlightenment, by Geri Larkin, 1997, Celestial Arts, Berkley, California, $12.95.)

I first heard about the recently released book, "Stumbling Towards Enlightenment" by Geri Larkin, while attending a seminar taught by the author this past October in Ann Arbor titled, "Building a Business the Zen Way" (featured in the last Crazy Wisdom Calendar). Basically the class supported right livelihood and taught how to run an ethical business consistent with Buddhism. Even though I am not a Buddhist, ...at least not yet, I was impressed by this woman with a special sparkle in her eyes, who greatly enjoyed life and walked her talk.

On the second night of class Larkin shared an intriguing poster of ten bald headed monks dressed in bright red cloth meditating in a temple of a faraway land. A picture which is found on the cover of her new book. "Stumbling Towards Enlightenment" is based on "dharma from the heartland" talks given by the author at the Ann Arbor Buddhist Temple and the Chicago Zen Buddhist Temple.

Real and wildly hilarious stories of her own spiritual path are combined with wisdom from ancient Zen masters. Chapter titles such as, "First You Have to Row a Little Boat", "The Invaluable Lessons of Miserable Days", and "When All You Think About is Sex" are down to earth, offering practical life lessons. Larkin's book states, "When we enter this path, most of us believe that it will be a pretty straight road, not necessarily easy, but at least straight. For most of us, however, the reality is that spiritual growth is like learning to walk. We stand up, fall, stand up, fall, take a step, fall, run, walk, and finally, eventually fly. Sometimes we slide backwards after every step forward. And sometimes we find ourselves head first in a bush by the roadside, blocked by a boulder in the middle of the path, stuck until we can figure our way through. It's never a straight line". Her words help the reader grow a little stronger; laughing/crying and realizing as we peel back the layers, it's OK, someone has been here before.

Some of my own personal thoughts/notes I wrote down as I read:

- We are what we think. - Everything is interconnected. - Meditation is a tool to watch our thoughts, see the patterns and increase our awareness.- We are all great teachers in our hearts. - Walk your talk. - Balance, clear space and live in present time - Play and laugh and listen a lot. - Accept and learn from the cycles of life and death. - Walk into the feeling and face your fears. - Practice, practice, practice. - Build community each day by showing kindness, compassion and love for all.

There are many spiritual paths to choose from. Larkin has bravely and honestly shared a wonderful description of her personal experience with Buddhism in a readable format that most seekers will relate with. As she points out in the Forward: "My goal is simple: to encourage each of you to enter your own spiritual forest, head held high, or to travel further into the one you have chosen leaving fear behind".
Enjoy!

Geri Larkin is the President of Strategic Thinking, a strategic planning business she started after she worked as a management consultant for Deloitte and Touche. Among several other books, she has authored Woman to Woman: Street Smarts for Women Entrepreneurs. Larkin also operates The Right Livelihood Fund, which provides small loans and training for people who want to start right livelihood businesses. As well, she is an ordained Zen minister.

Ellen Foster and A Virtuous Woman

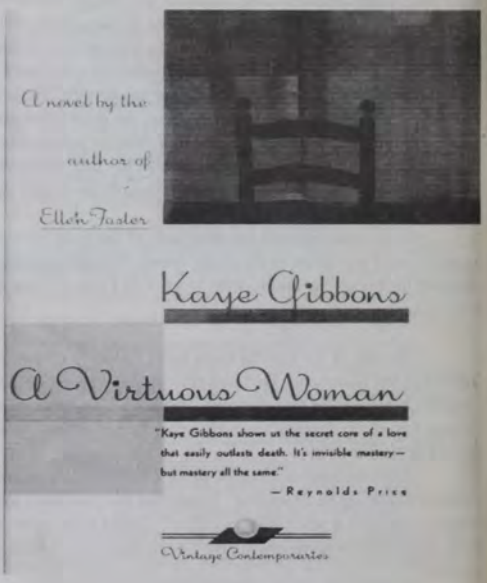
By Sarah Newland

(Ellen Foster and A Virtuous Woman, both books by Kaye Gibbons , re-issued in paperback by Random House)

When Oprah Winfrey included these two novels in her book club, I felt eager to discover a new female writer as well as apprehension. Not because I don't respect Oprah and her literary recommendations, but because I was uncertain how moved I would be by two books intended to appeal to the general public across America – to the hundreds of thousands of daily Oprah viewers. My tastes in fiction generally focus on bleak, raw character portrayals revealing women's and life's shadow – not your usual uplifting reading. I'm drawn to the depths of what we don't see or what we don't *want* to see – the darkness in opposition to the light, which ironically gives me hope. Anyway, I wasn't sure Gibbons' novels would give me deepened insight, but Oprah's enthusiasm inspired me.

Ellen Foster is the story of a ten-year-old girl without a family – at least not a family any of us would want to call our own. With a dead, beloved mother and a hoped-to-be-dead father, Ellen learns about abuse, abandonment, and betrayal . . . as well as power. The book begins with, *"When I was little I would think of ways to kill my daddy. I would figure out this or that way and run it down through my head until it got easy. . . But I did not kill my daddy. He drank his own self to death the year after the County moved me out."* Through a series of horrific events and lack of love that no child should have to face, she realizes the necessity of taking care of herself. I was hooked from the first page. Gibbons writes in a gritty, southern voice of impoverishment and honesty. Ellen becomes profoundly real, particularly near the end with her increasingly introspective and analytic dialogue. Gibbons put me within Ellen's vivid experience. The reader will sincerely care about her and the poignancy of her situation, and will hope for her triumph. I was captivated throughout and read this short novel in one afternoon. I highly recommend this book for adults as well as for mature young women.

A Virtuous Woman is written in a similar style with a definite southern, backwoods tone; however, this is essentially a love story told in two voices – that of the lover and the beloved. A man's wife is dying and this book is a tribute to and memoir of their love and unlikely life together. Jack is a poor farm worker with no land of his own and Ruby, twenty years younger than Jack, is an abused widow escaped from the middle class. Their experience is tender and moving, and we glimpse the potential fortitude of people, their strength amidst adversity, their undefended acceptance of suffering. Jack and Ruby embody the capacity to survive and the power of a love that just fits. As in *Ellen Foster*, Gibbons' characters are transformed by their pain and attain greater wholeness by moving through the grittiness of life. Both are wonderful books to curl up with on cold winter days and if you enjoy Kaye Gibbons, I also recommend *Bastard Out of Carolina* and *Two or Three Things I Know For Sure* by Dorothy Allison.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THE CRAZY WISDOM CALENDAR

Issue No. 9

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The Crazy Wisdom Interview

Khepa and Acala of Ann Arbor's Crazy Cloud Hermitage On Tantric Buddhism

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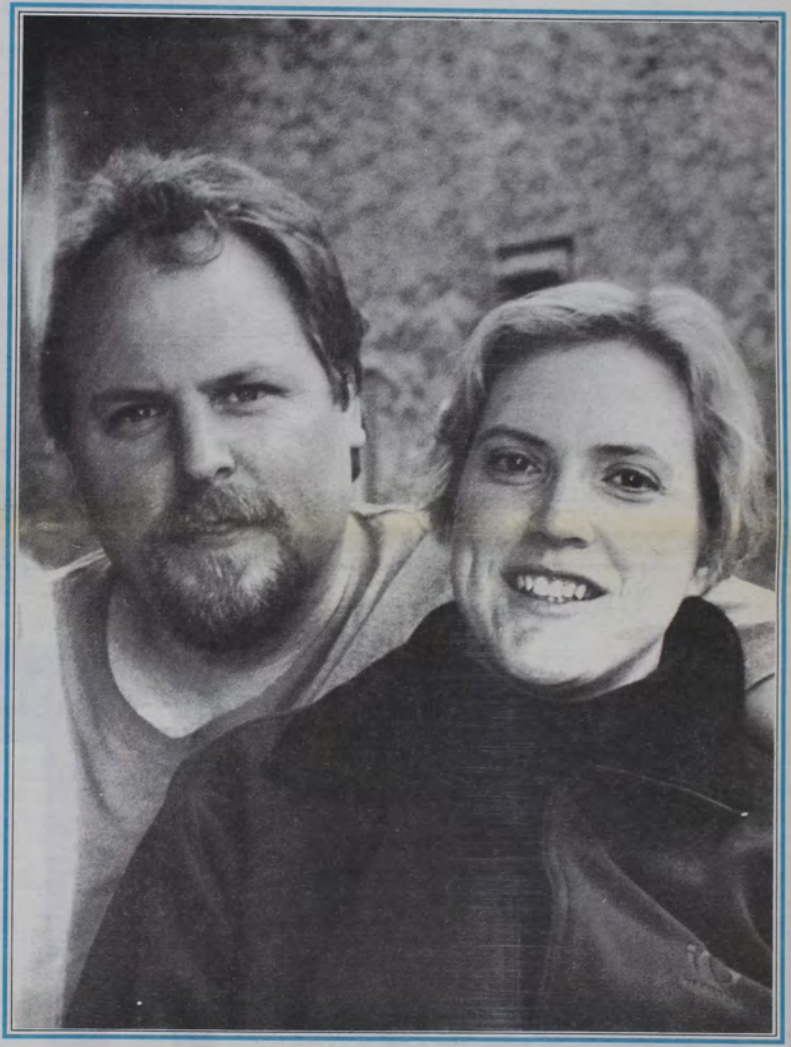

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Caroline Myss' Anatomy of the Spirit

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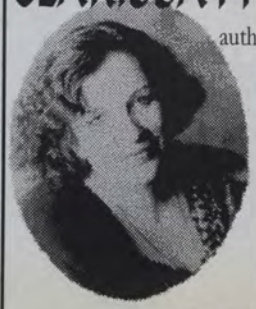

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Editor's Notes

Springtime has come to Ann Arbor, and this is an exciting time for Crazy Wisdom Bookstore. We are about to begin construction on the building we're renovating at 114 South Main Street (between Washington and Huron) and we've finished the first phase. The first phase was about planning. Creating plans for new electrical and mechanical systems, an elevator to provide wheelchair accessibility, a new roof, and new front and rear facades. The architectural and engineering plans have now been submitted to the City for building permits, and we expect to be "in the ground" any day now. We're still hoping to be in our new store by the end of the summer.

It's also been an exciting time for *The Crazy Wisdom Calendar*. We received over thirty advertisements for this issue. Having just started to accept advertising last issue, we're pleased as punch. Businesses and practitioners in the area are supporting this publication, and we're grateful and we think it's great! So, thanks!

It's also been a time of fecundity on Crazy Wisdom's home front. Rachel McKee, who worked at Crazy Wisdom for four years, and who started *The Calendar*, recently gave birth to a little girl, Sophie. Congratulations, Rachel and Steve! And Sarah Newland, who has been working at the store for four years and is our former manager, just got married to Louis Daher. They were married by Gelek Rinpoche in a small ceremony, on April 11th. Congratulations, Sarah and Louis! Meanwhile, my wife, Ruth, and I are expecting our second child, a little girl, in early June. We are hoping that she will want to run an esoteric bookstore sometime in the next millennium. Or maybe she won't. C'est la vie.

Speaking of fecundity, please read *The Crazy Wisdom Interview* this issue with the Kirkpatricks (Khepa and Acala) of the Crazy Cloud Hermitage. They are the very definition of intellectual fecundity.

~ Bill Zirinsky

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for free calendar submissions for the September—December issue is Wednesday, July 22nd, and the deadline for paid advertising is Monday, August 3rd. The issue will be published and distributed during the last week of August. 3,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photographs by Linda Lawson and Ruth Schekter. Transcribing of interview: Abbie Stahlin.

Cover design: Molly Nuzzo. Editorial Assistance: Molly Nuzzo.

Many of the quotes used in the calendar section were found in the following book: *Sunbeams: A Book of Quotations*, by Sy Safransky. It's available at Crazy Wisdom.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Calendar Highlights
for May to August 1998

1) **Paul Ferrini** (*author of The Ecstatic Moment*)—May 30
(see Spiritual Development section)

2) **Ritual for Litha**—June 13
(see Celebrations, Ceremonies and Rituals)

3) **Vipassana Meditation Retreat with Thai Buddhist Monk Ajan Amaro**—June 19-21
(see Meditation section)

4) **Clarissa Pinkola Estes**—July 9 & July 10
(author of *Women Who Run With the Wolves*)
(see description in Jungian/Archetypal Psychology section)

5) **Praying With Images: Creative Retreat for Women**
July 26-July 30
(see Womenspirit section)

6) **Tai Chi Chuan Event with Grand Master William C.C. Chen**—August 2
(see listing in Tai Chi and Martial Arts section)

7) **Dreambody Symptom Lecture and Workshop with Arnold and Amy Mindell**—August 16-August 18
(see description in Jungian/Archetypal Psychology)

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Who Works at Crazy Wisdom?

Heather Graham began working at Crazy Wisdom in 1991, when she was 19, a sophomore at EMU, and just two years out of Lumen Christi High School in Jackson. In a sense, Heather grew up at the store, and the store has grown up alongside of her. We've watched Heather finish her undergraduate degree (concentrating in Psychology and Art History), get a "real job" as the Director of Exhibitions at the Ann Arbor Art Center's Gallery, and go on to Business School. Meanwhile, she's been an anchor at the store— a smart, sensible, perceptive and happy presence, who we've all come to trust and rely upon.

Heather, like other long-time staffers at Crazy Wisdom, has her own special relationship to the store. It is a place which has altered her perception of the world, and of people. She's delved deeply into Wicca, Celtic spirituality and herbs, and she's become knowledgeable in some of the store's obscure intellectual reaches. Now 26, Heather is married to Paul Jackson, an environmental scientist, and this spring she'll be getting her MBA. Still, she finds time to do shifts at Crazy Wisdom — frankly, neither she nor we quite know what we'd do without each other. We asked her to write about her feelings toward Crazy Wisdom. Here's what she wrote:

People come to Crazy Wisdom in search of something that is not tangible; a transformative magic. It is that Crazy Wisdom magic that I found the moment that I first walked into the store six years ago. I was only in the store a short time, but the experience forever changed my life. In retrospect, my life led me to that place precisely at the right time. When I found Crazy Wisdom that day, I also found a dear friend and mentor in Debbie Szporluk, who was the manager at the time. In time, I found a family in Crazy Wisdom, and eventually, I found myself.

Perhaps the greatest gift Crazy Wisdom has given me are the people: the wonderfully diverse staff and the unique individuals I have had the opportunity to help. Each person I encounter challenges and inspires me. I am particularly struck by the relationship I have with Bill and Ruth, which has become a valued friendship. They have been advisors, mentors and supporters.

I get great satisfaction from helping people find what they search for, whether that is a moment of divine inspiration or a quartz crystal. Working at Crazy Wisdom has allowed me to achieve this satisfaction, but has also given me much more. I feel truly blessed to have access to such an environment and to be in the presence of such wonderful people.

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The Goddess of Lakes and Love

By Trish Malone

When I see a still lake full of round, smooth pebbles, a twisting stream, or the Huron River, I flash back to an Afro-Brazilian goddess. I hear the exotic rhythms beaten out in her honor, as incongruous above the equator as bob-sledding in Jamaica and yet.....everything is possible. She lives here too, in the tranquil lakes of Michigan. She is the goddess of fresh waters. I find myself thinking of her often.

The goddess I speak of is called Oxum (pronounced OH-shoon). I first learned of her when I traveled to Brazil. Although Oxum is described as an unselfconscious extrovert, her existence remained hidden from me at first. Like the moon that is her plaything, she takes her own sweet time to show her face.

Oxum is part of a pantheon of Afro-Brazilian gods and goddesses known as orishas. The orishas traveled to Brazil in the hearts of slaves when they were torn from their homeland and could bring nothing else. There, in spite of the cruelty and devastation of slavery, the worship of orishas survived. Slaves maintained the religion with an act of amazing faith and strength of mind. When Africans were forced to kneel before an alien effigy; a golden-robed, white-faced woman they were told was the mother of God, they silently worshipped another in their hearts. They put Oxum in her place, since she was also a powerful mother. Eventually, the identities of African gods and Catholic saints merged and a whole new religion was born, where multiple identities are always possible and everything has invisible layers of meaning.

In this way, the orishas survived. In Candomble, the religion that has stayed closest to its African roots in modern Brazil, they thrive. The orishas have become an inextricable part of Brazilian culture.

In my first weeks in Brazil, conversation invariably turned to love. When someone sighed over an unattainable beauty, people would say teasingly "Go to a Candomble priestess and give her something for Oxum!" When I started with a stream of curious questions, I was told only that Oxum was the goddess of love.

Then I found a little shop. It was a fascinating place and now I know that you can find similar shops anywhere that Africa's scattered children have taken root, from Cuba to the Bronx. I walked around in a trance, looking at the unusual wares. There were garish plaster statues of sorrowful Marys and doe-eyed saints. Side by side with them were statues of haughty African kings and queens dressed in a mix of colonial clothing and African finery. There were candles of every hue, fetishes of wood and metal, long strands of multicolored trade beads, and powders for love or against the evil eye. I bought a book with pictures and stories about many of the orishas, eager to learn more about them. When I turned to the picture of Oxum, I felt the hypnotic power of her allure. She was an unabashed flirt, her head tilted coquettishly, flapping her golden fan.

Oxum loves gold. Heavy gilded brass bracelets, armbands, and a golden head-dress grace her form. She peers through a veil of golden beads. The veil makes her mysterious and enhances her great beauty, which, like moonlight, both reveals and obscures that which it illuminates.

Oxum governs the moon with its pale waxings and dark wanings. Honor her, and she is as sweet as her favorite food, honey. Cross her and face a relentless thirst for retribution. She holds in her vast being all the paradoxical feelings of love.

She is called vain. She gazes in a small golden hand mirror, adoring what she sees. Yet her narcissism leads to a deeper understanding. Gazing at her own reflection in a lake she becomes the truly reflective woman, an archetypal figure, going deep inside for wisdom and connecting to the soul.

During the year that I lived in Brazil, I often explored wild, fresh waters. Brazil is a vast country with many types of terrain. I went to the flat central plains and swam in shallow lakes full of glittering pebbles. I entered the pounding slant of a waterfall in the mountainous state of Minas Gerais. Each time that I felt the cool water close around my head, I thought of Oxum and felt renewed. Her flowing, fertile power is everywhere you find life.

In Candomble, it is said that every human is linked from birth to a certain orisha. The orisha guides you and looks out for you, sort of like a guardian angel. The orisha is also a part of your deepest nature, and this helps you to understand yourself better, both your strengths and your weaknesses. The qualities you may possess due to your orisha are not judged. It is similar to the way that people can talk about their Zodiac sign characteristics.

"Oh, I'm a typical Virgo, I can get very picky." A person might say lightly. A Candomble practitioner would say "Oh, I am a little vain, I'm a true child of Oxum." Often, I get the sense that Oxum is around me, helping me out. I summon her image, and hold my head high as I walk into a room as if I own it, especially when I am feeling shy.

Spirit possession is also a part of the religion. People let the gods into their bodies. This practice is terribly misunderstood by most outsiders. It is a special way of feeling spirit, and is prepared for carefully. Most believers know which "guardian orisha" watches over them, and remain loosely affiliated with a Candomble center, but are never possessed. They attend ceremonies, receive blessings, and have cowrie shells cast for them as a method of divination. A few are called very strongly by one orisha or another and they become initiates. They go through rigorous training and seclusion to learn how to commune with their orisha. When the time is right, they attend ceremonies and allow their orisha to come through. They belong to the center the way we might belong to a church. Their faith is strong and their lives are rich with meaning and magic.

The stories of the orishas are similar to Greek myths. The orishas are gods subject to all the darker human emotions; jealousy, rage, vanity and weakness. They are also capable of the finer feelings of compassion, tenderness and forgiveness. The orisha of sickness is also the bringer of healing. They encompass paradox in their larger-than-life personalities.

Hearing these stories helped me with difficult feelings that I had while in Brazil. If gods could be both petty and powerful, couldn't I? I was both escaping a painful break-up and exploring a new world in Brazil. Everything in life can appear contradictory. The orishas reflect that. Yet they also reflect a greater wholeness in seeming opposites.

When I returned to New York, I studied a body of work called Psychosynthesis. Psychosynthesis has a theory about subpersonalities, which sees each person not as one fixed self, but as a multitude of selves which cohabit. Each subpersonality has distinct qualities and emerges in different situations. We think of them all as "me". We don't black out in between shifts the way Sybil did, but we do shift at lightening speed. In the Psychosynthesis metaphor, it is quite normal to go from crabby child to wise being in a matter of seconds. You don't try to kill anybody off in there, but to become more aware of your selves and find creative ways of working with them.

When I put the orishas and the idea of subpersonalities together in my mind, something clicked. The incorporation of orishas seemed to me to be a vastly empowering activity, a total surrender to a divine subpersonality. People are understandably cautious about accessing and acting out these selves. From cult leaders to channelers, there have been abuses. But in Candomble, the traditions and the deep faith seemed to protect people and for a little while, each week, they dance as a god.

I saw a woman become possessed by Oxum during a ceremony. One minute, she was a normal looking person. She fell backwards and was caught by other dancers. When she rose up, her mouth was drawn down taut at the corners in a queenly expression. She held herself with immense dignity and began to dance perfectly, her eyes closed shut. Perhaps she was a maid in her day to day life, but here she was a goddess incarnate.

Experiencing these perfectly imperfect divinities, so accessible to humans every day in Brazil, helped me to accept and creatively engage my subpersonalities. I have had many moments where I felt possessed in a way, by an aspect of my higher self. I believe that these moments are available to us all. They are a part of our divine humanity, our birthright. The psychotherapist Thomas Moore speaks of the need for a "polytheistic psychology", where all the many gods have their place in the soul. Such a psychology, he says "makes life more complicated, but also more interesting."

When I returned from Brazil to the States, I went to live in the mountains of upstate New York. I wondered if I would still feel the orishas' potent presence. But Oxum was there for me, in the mountain streams and waterfalls. She was at the lake of the Omega Institute, where I worked. After a lunch-time dip I felt her in every bead of water drying on my sun-warmed skin. Perhaps it was Oxum who responded to a deep-seated wish of mine and brought me love last summer, and this love has brought me to Michigan.

At times, the risk I have taken overwhelms me. I have left my mountains with their hidden waterfalls. I have left my job, family and friends. I am in a new place, trying to discover which of my multitude of selves might thrive here. Sometimes I feel so vulnerable I can hardly believe it, like a new kid at school on her first day, sullen and left out. Where is the ultra-confident woman I was in New York?

When I feel like this, I go to the river. I walk along its sinuous banks and gaze at the flashing current. I find small treasures in the mud, snail shells and pale green, water-smooth stones. I dip my fingers in the cool water. A sense of easy power, of natural flow fills me up. "Relax," a voice murmurs in my mind like a quiet stream "everything is exactly as it should be."

The Crazy Wisdom Calendar

Acupressure, Acupuncture, & Reflexology

Self Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan • Saturdays, May 2–16, 1:30–3:00 p.m. • There are some easy steps that you can use to help relieve stress-related tension. Participants will learn how to use gentle pressure and massage potent points to effect the energy pathways and muscles of their bodies. $60. Call Peaceful Dragon School at 741–0695.

Acupressure Facelift Massage with Susan Chastain • May 23, 3:00–5:00 p.m. • You will learn a simple, specific acupressure sequence that stimulates circulation and enervation to the muscles of the face. $40. Call Massageworks at 426–3766.

Animals & Spirit

Environmental Learning Fund Series: Language of Birds and Secrets of Invisibility with Jon Young • Saturday, August 1, 1:00–8:00 • Did you ever wonder why you never see cougars or coyotes, even when you know they're there? Learn "routines of invisibility" from animals. Scout stories of the Apache, the Akamba, Tom Brown, Jr., and Jon Young reveal how to become as invisible as the animals. The language of birds and animals is universal and discernible when you know how to read it. Practice native skills of awareness: interpretation of body language, territorial behavior, and voice patterns. $10 includes potluck dinner break; free to students with I.D. Call 998–7061.

Animal Communication with Marcia Vincent • May 9, June 6, July 11, August 8, 1:00–4:00 p.m. • Broaden your mind to the possibility of talking to the animals. Learn what it is and how to start to utilize your gifts to communicate. A sample communication is done. $75. Call 517–548–6825.

"All began in love; all seeks to return to love. Love is the law, the teacher of wisdom, and the great revealer of mysteries."

-Starhawk
The Spiral Dance

Art & Craft

Making Your Own Dream Box with Anita McKay • June 20, 1:30–4:00 p.m. • Decorate a box to use as a dream holder or for manifesting with specific intent. A box will be provided to draw on or to decorate as the energies move you. As we learn to let go of what we think something should look like, we allow our own creative energies to open up. The box will then seem to be creating itself. A small suggested supply list will be given at registration. $25. Call Anita McKay at 741–0478.

Painting Outdoors with Color with Shacha Kali • Six Saturdays, May 23–June 27 and July 25–August 29, 12:30–3:30 p.m. • By connecting to nature through art, we will develop our own interpretation of nature through painting. Color and all its wonder will be predominant throughout the sessions. Supplies discussed before class. $120 for six weeks. Call Shacha Kali at 484–1176.

Creating from Our Internal Symbols with Shacha Kali • Six Wednesdays, May 20–June 24 and July 22–August 26, 7:00–9:00 • A time when we will unfold and allow our symbols to be recreated on paper. Writing and music will also be tools to create imagery from our internal symbols. Charcoal, ink, and color are the mediums, but your memories, perceptions, energy, and inner voice act as the paint brush. $100. Call Shacha Kali at 484–1176.

Astrology

Remedial Astrology: Help and Guidance for Non-Astrologers with B. Rose Fine • August 16, 2:00–5:00 p.m. • An opportunity for non-astrologers to gain a basic understanding of what's involved when they have an astrological consultation. This workshop will provide a basic overview of astrology, a perspective for comprehending a birth chart interpretation, and predictive methods, such as transits, progressions, solar returns, and horary. There will be a question and answer period as well as tips for getting the most out of a reading. Each participant will receive computer-generated natal chart interpretations and transit reports – over 25 pages of personalized astrological information. Preregistration is essential. $25. Call B. Rose Fine at 434–4555.

Astrological Chart Delineation Practicum with Richard Smoot, sponsored by the Astrology Study Group • Sundays, June 7–July 19, 2:00–4:00 p.m. • An opportunity for astrologers of all levels, from novice through advanced, to sharpen their chart interpretation skills. This workshop is bound to be lively and humor-filled. $5 per session. Call B. Rose Fine at 434–4555.

Four Pillars of Destiny with Jennifer Johnson and Lynn Meadows • June 27, 3:30–5:30 p.m. • Gain new insights into your life and destiny through this ancient Chinese traditional system of astrology. Through the analysis of your birth date and time, you can achieve greater understanding of the elemental (metal, wood, water, fire, and earth) influences in your life and how to support and enhance your life force through the use of color, shape, and other energy dynamics. This class is one of three interrelated disciplines being taught this day that may be taken alone or together: Feng Shui, I Ching, and Four Pillars of Destiny. $35. Call Lynn Meadows at 662–3446.

Ayurvedic Medicine

Introduction to Ayurvedic Medicine with Cindy Klement • May 13, 7:30–8:30 • $10. Call 975–2444, extension 1.

Bodywork & Bodymind Therapies

Polarity Therapy Home Remedies with Renee Rutz and John Gutoskey • 7:30–9:00 p.m. • Three classes designed to teach simple polarity techniques for home use. Classes will include instruction with demonstration and hands-on practice. No prior experience is necessary. Classes limited to ten participants. Preregistration requested.

June 8 Digestive Problems
July 13 Sinus Congestion
Aug. 3 Stress and the Nervous System

$15 per class. Call Complete Chiropractic and Massage Therapy at 677–1900.

Massage for Friends and Family with Susan Chastain • Two sessions: May 7, 14, 21, and 28 or June 4, 11, 18, and 25 at 7:30–9:30 p.m. • Basic massage techniques and sequences are taught in a small, private atmosphere. $125 per couple or $65 per single. We will match you with a partner if you come alone. Call Massageworks at 426–3766.

Rolfing: A Gentle Approach with Leland Austin • May 5, 6:30–8:30 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call Leland Austin at 741–0038.

Lifetouch Chiropractic Lecture Series with Robert Koliner • All talks begin at 8:00 p.m. • These talks provide an introduction to the practice and philosophy of Network Chiropractic and an explanation of how this network of gentle chiropractic techniques can assist you to release physical, chemical, and emotional stress and achieve optimal health.

May 11 Vaccines: Are they really safe and effective?
June 8 Healthier children with chiropractic care
June 22 Your spirituality and a healthy nerve system
July 13 A healthy spine must be maintained from birth
July 27 Vertebral subluxation: What it is and why it is devastating
Aug. 10 Children and chiropractic: Getting the right start!
Aug. 24 The difference between Network and "regular" chiropractic

Free. Call Dr. Koliner at 761–5908.

Feldenkrais Awareness Through Movement with Jesse Nichols • Wednesdays, 6:30–7:30 p.m. and Saturdays, 10:00–11:00 a.m. • Movement lessons in the Feldenkrais Method. $10 per class or $35 for four classes. Call 913–1072.

Trauma Erase with Alice Pauline Cart • Thursdays, 7:30–8:30 p.m. with appointment • A discussion of how to recognize trauma and its effects. $5 per session. Call 971–2981 or 971–8032.

Healing Touch: Level One with Barbara Stark • May 2–3, 9:00–5:00 • Healing Touch is an energy-based therapy used to promote mind/body/spirit wellness. It is proven to help stress management, pain management, and wound healing. $225 or $200 for members of AHNA or MHNA. Call Lynne Spencer at 475–7623.

Free Your Body and Enhance Your Day with Alice Greminger • Thursdays, 7:30 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class. Class cost is determined by enrollment. $50 for five-hour weekend workshop. Call Alice Greminger at 665–0849.

itting in Fitness with Michele Seger • May 18–June 22, 7:00 p.m. • A unique program that elps women break down their barriers to physical activity and have fun learning new skills to ake control of their lives. $148 for six weeks. Call Michelle Seger at 995–9807.

elavi Facelift Massage with Nina Howard • June 5–7 • This course is a dynamic hands- n training for professional health and skin care practitioners, such as massage therapists, odyworkers, and estheticians. 24 hours CE credits for massage. $650 includes profes- onal product starter kit. Call 747–8517.

ioenergetic Exercise Class with Judy Stone of Feeding Your Whole Self • Session A egins April 20 and Session B begins June 15; 6:15–7:15 p.m. • Bioenergetics uses simple retching, weight bearing movements, breath, and sound to help you become aware of nsion and holding in your body. You will learn to notice where and how you block feeling your body that creates headaches, backaches, insomnia, and other physical symptoms, hich can also lead to depression. Best of all, you'll learn how you can reverse the process feel better and to feel more fully! $56 for six weeks. Call Feeding Your Whole Self at 94–5549.

Buddhist Teachings & Buddhist Meditation

arma Thegsum Choling Tibetan Buddhist Center Open House with Melissa Bratcher May 31, 10:00 a.m.–Noon • An open house to get acquainted with the Kagyu lineage of ibetan Buddhism and our local center. There will be a short meditation and talk, followed y refreshments and a chance to meet members. Free. Call KTC at 761–7495.

uide to the Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Tues- ays, 7:30–9:30 p.m. • Gelek Rinpoche with teachings as commentary on this text by 8th entury author, Shantideva. A bodhisattva is one who, having identified the relentless un- appiness we all experience, determines to become enlightened to develop and attain the ility to help relieve all beings of suffering and provide happiness in its stead. All wel- me. Donations accepted. Call Jewel Heart at 994–6139 or 994–3387.

leditation at Jewel Heart • Sundays, 11:00 a.m.–12:15 p.m. • Concentration meditation, ught according to the Tibetan tradition, is directed at calming and stabilizing the mind ith a development of collecting and maintaining focus. With awareness and calm, one can en apply focus accurately when engaging analytical meditation. Beginners and advanced ractitioners welcome. Donations accepted. Call Jewel Heart at 994–6139 or 994–3387.

am Rim Teachings at Jewel Heart • Sundays, May 24, June 28, and possibly July 26, :30–3:30 p.m. • Integrating all of Buddha Shakyamuni's teachings into a clear, step-by- ep path to enlightenment, the Lam (stages of the path) provides information to learn, ink, analyze, and meditate upon. By practicing these teachings relative to one's own xperience, skill and happiness are developed while coping with daily life. All welcome. onations accepted. Call Jewel Heart at 994–6139 or 994–3387.

ewel Heart Joyful Summer Retreat at Camp Copneconic in Fenton • August 30–Sep- mber 6 • Buddhism and Psychology: Connecting the Head and the Heart – week-long achings with Gelek Rinpoche and guest speakers Tarab Tulku, Lene Handberg, Robert hurman, Jack Kornfield, Dan and Tara Goleman, Dr. Chok Tsering, Aura Glaser, and thers. Includes teachings, meals, and lodging. Call Jewel Heart at 994–6139 or 994–3387 r more information.

uddha's Birthday Celebration at Zen Buddhist Temple • Come and join us for the ost festive occasion of the Buddhist year. Saturday, May 9: Special service for children, cluding bathing of the baby Buddha at 11:00 a.m. Blessing service for children at 1:00 m. by appointment. Public Talk: Buddhism and the Environment by William Secrest at :30 p.m. Vegetarian buffet extraordinaire, followed by music, dancing, and poetry at 6:00 m. Sunday, May 10: Meditation at 9:00 a.m. Religious ceremony conducted by Reverend ukha Murray, including Shakuhachi flute meditation by Michael Gould at 9:30 a.m. In- oduction to Zen meditation at 3:00 p.m. Lotus lantern lighting and chanting service – a erene and unique Korean tradition – at 7:30 p.m. Temple cafe and book sale will be ongo- g Saturday, 11:00 a.m.–2:30 p.m. and Sunday. Call Zen Buddhist Temple at 761–6520.

"There's only two things worth leaving behind in this world: children and art."
- Stephen Sondheim

unday Services at Zen Buddhist Temple • Sundays, Morning meditation from 9:30–11:00 m. consists of two periods of meditation followed by a talk. Afternoon devotional service om 5:00–6:30 p.m. has one period of meditation, chanting, and a talk and question period. onations accepted. Call Zen Buddhist Temple at 761–6520.

ntroductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays begin- ing May 28 and July 9, 6:15–8:30 p.m. • The viewpoint of Zen is that life lived fully in ach moment is the end and purpose in itself and not the means for something else. Course ncludes simple stretching exercises, work with the breath, meditation postures, concentra- ion, and mindfulness practice. $120 or $100 for students. Call Zen Buddhist Temple at 61–6520.

dvanced Zen Meditation Course at Zen Buddhist Temple • Four Tuesdays beginning une 2, 7:00–9:00 p.m. • This course is offered for those who have taken the Introductory en Meditation Course and would like further instruction. $160. Call Zen Buddhist Temple t 761–6520.

One and Two Day Retreats at Zen Buddhist Temple • May 15–16 and June 12–13 • Sitting and walking meditation, vegetarian meals, and rest: a day of silence. Choice of three configurations. Friday, 7:00 p.m.–Sunday, 8:00 a.m.: cost is $120 or $100 for members. Friday 7:00 p.m.–Saturday 5:00 p.m.: cost is $60 or $50 for members. Saturday 8:00 a.m.–Saturday 5:00 p.m.: cost is $50 or $40 for members. Call Zen Buddhist Temple at 761–6520.

Photo by Linda Lawson

In addition to teaching Tai Chi through the Peaceful Dragon School of Tai Chi Chuan, which she founded, Wasentha Young also leads acupressure and meditation classes.

Liberation of Life Service at Friend's Lake Community near Chelsea • Saturday, June 20 beginning at 11:00 a.m. • The Liberation of Life Service is held in order to uphold the spirit of the first precept – nonviolence – and to embody the Mahayana ideal to cherish all life. It is sometimes called the Animal-Releasing Ceremony because most frequently during the service, Buddhists release animals they have purchased that would otherwise be slaughtered or suffer confinement and torture. The ceremony has an important message for those of us who can help people raise their consciousness to this all-important matter that concerns us all. Service followed by a potluck picnic and swimming, boating, hiking, and relaxing. Directions available from the Temple. Car-pooling and caravan will leave at 10:00 a.m. Everyone welcome. Call Zen Buddhist Temple at 761–6520.

Eleventh Annual Summer Lecture Series: Understanding Buddhism in Everyday Life at Zen Buddhist Temple • Tuesdays, 7:30 p.m.

July 7 Teaching with Compassion for Yourself and Your Students with Joanne Kelleher
July 14 A Buddhist Approach to Dying with Linda Cartwright
July 21 Corporate Life and Buddhist Practice with Joe Lukomski

$5 per session. Call Zen Buddhist Temple at 761–6520.

Eleventh Annual Buddhist Peace Camp at Friend's Lake Community near Chelsea • July 24–28 • Camp emphasizes peace, cooperation, mindfulness, and fun. Food is vegetarian. The daily camp schedule includes yoga, morning and evening Buddhist services, circle time, manual work, organized crafts, games, and outdoor activities. Free time available for swimming, boating, hiking, and berry-picking. Campfire every evening. For families with children of all ages and others interested in working with children. Call Zen Buddhist Temple at 761–6520 for more information and registration material.

Annual Great Green Yard Sale at Zen Buddhist Temple • September 5–7, Saturday 9:00–5:00, Sunday Noon–5:00, Monday 9:00–5:00 • The Temple's famous yearly fundraising event. This popular recycling yard sale offers furniture, household items, and books, including couches, chairs, desks, mattresses, chests, tables, and more. Many items donated by local property management companies and cleaned and repaired by Temple members and friends for resale and reuse. An ideal stop for students furnishing rooms and apartments. We will begin pickups on August 15. Call Zen Buddhist Temple at 761–6520.

Entering the Heart of Vision: Understanding Tantric Meditation by Khepa and Acala through Crazy Cloud Hermitage • May 13, 7:30 p.m. • This talk explores the unity of body, energy, and mind in Tantric Buddhism through the method of envisionment and mantric awareness song. Free. Call 741–1084.

The Dance of Bliss and Wisdom through Crazy Cloud Hermitage • June 3, 7:30 p.m. • A talk on the radical view of Tantric Buddhism as a path uniquely beneficial to our time and culture. Free. Call 741–1084.

Heart Essence of Liberation through Crazy Cloud Hermitage • This is the Tsogyalgar annual, one-week summer encampment retreat. Each day, the haunting tunes of the practice awaken body, heart, and mind. The awareness spells of the secret mantrayana path and the envisionment of our own primordial mind of wisdom and bliss in the forms of Tantric awareness beings weave a tapestry of blessing power of the ancient Nyingma path of Vajrayana Buddhism. Step into the heart of mystery, the circle of joy, the wisdom of contemplation. Call 741–1084 for more information.

Crazy Cloud Hermitage and Tsogyalgar New Student Class • Begins mid-August • An introduction to the path of Tantric Buddhist meditation as practiced in the ancient Nyingma tradition. Call 741–1084 for more information.

The Crazy Wisdom Calendar

Celebrations, Ceremonies, & Rituals

Silence and Ceremony: A Day for Personal Healing with Michael Andes • May 16, 10:00 a.m.–9:00 p.m. • This will be a small group experience at a cabin on a private lake. The process will combine individual work in group with quiet time as well as personal and group ceremony. The goal is to take small steps toward self-healing. $90 includes two meals. Call Michael Andes at 662–5215.

Healing Night at the Lighthouse Center • Third Wednesday of every month • Hands-on healing open to the public. Free. Call Prachi at (734) 449–4381.

Candlelight Meditation Ceremony at the Lighthouse Center • Sundays, 6:00–7:00 p.m. • Chanting and mantra meditation. Free. Call Prachi at (734) 449–4381.

Ritual for Beltane: Enhancing Romance and Relationships with Medicine Woman (Mateyo Empie) • May 2, 1:45–5:00 p.m. • Spring is here! Our souls soar with the birds as we also feel the urge to pair up. Romance attracts us, but how to unite with our beloved without losing our individuality? Learn to remove unhealthy psychic cords and create mutually loving, empowering relationships by winding a Maypole, symbol of honor for all expressions of love. This energetic and symbolic work is drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. Includes a potluck dinner. $24 with a $5 discount if paid by April 27 • Call 663–5505.

Ritual for Litha: Self-Empowerment and True Seeing with Medicine Woman (Mateyo Empie) • June 13, 6:45–10:00 p.m. • The sun is climbing to the peak of his strength. We will allow his abundant light to heal us, increase our self-confidence, and energize a magick mirror. This energetic and symbolic work is drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. Includes a potluck dinner. $24 with a $5 discount if paid by June 8. Call 663–5505 by June 11.

Ritual for Lughnasad: Prosperity and Abundance with Medicine Woman (Mateyo Empie) • August 1, 6:45–10:00 p.m. • Though the days begin to shorten, temperatures and humidity continue to increase, hurrying seeds and fruit to ripeness. The beginning of the harvest, the filling of the cornucopia of Mother Earth's bounty, helps us attract prosperity and abundance. This energetic and symbolic work is drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. Includes a potluck dinner. $24 with a $5 discount if paid by July 27. Call 663–5505 by July 30.

Lammas Ritual Celebration with Bronwen Wildflower • August 2, 8:00–10:00 p.m. • A ritual honoring what we have created, our first harvest of the year. $25 or $20 if paid one week before ritual. Call Bronwen Wildflower at 769–9014.

The Fire Ceremony: Birth, Life, Death, Embodiment, and Transformation with Phil Rogers • July 11, 9:00–5:00 with ceremony at 8:00–11:00 p.m. • The day will be spent in preparation for this ancient ceremony of cleansing and transformation. We will prepare for this giant leap forward using breathing and movement exercises, group processing, and chakra reading before each person prepares an individual offering. $65. Call Phil Rogers at 769–6150 or 647–5123.

Solstice Celebration at Mulberry Farm • June 20, 1:00 p.m. • Join us for a day of laughing, singing, and growing as we walk the labyrinth, cleanse our bodies and spirits in the purification lodge, and feast in friendship. $25 plus a dish to pass. Call (734) 783–3830.

Channeling

Crystal Clear Expressions: A Channeling Evening with Nanci Rose Gerler • First Monday of each month • Masters, guides, angels, and others in spirit will be channeled with messages of spiritual guidance and love. Enlightening, empowering sessions. $10. Space is limited and reservations are required. Call Nanci Rose Gerler at 996–8799.

Open House Channeling Sessions with Aaron • Most Wednesday evenings, ending June 10 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky. At each session, Aaron will give a talk with time for questions and a social period. No meetings April 29, May 6 or May 13. Donations accepted. Call Deep Spring Center at 971–3455.

John Friedlander Channels Seth and/or Mataji • May 8, June 12, and July 10, 7:30 p.m. • John Friedlander acts as a conduit for a newly emerging version of Seth, which defines itself as Mataji, known by many from Yogananda's *Autobiography of a Yogi*. Mataji is a focus of feminine power and, through John, offers a silent healing meditation, responds to personal questions, and provides insight on world and cosmic events. $10. Call Essence Point at 913–9830.

Global Events and How To Plan Your Parties Accordingly with Tom Thomas and Sandra Xenakis • April 15, May 13, June 17, and July 15, 7:00–9:00 p.m. • Come hear about our planet from the "Starmates" in monthly channeling sessions. Their viewpoint is refreshing, unique, and positive. April's topic is Long Term Effects of El Nino. Future topics include the Asian Economic Crisis and Spiritual Movements in the United States. $7 per session. Call Tom Thomas at 665–5579 or Sandra Xenakis at 475–0193.

Childbirth Preparation

Prenatal Exercise with Victoria Cendrowski • April 25–May 30, 11:00 a.m.–12:15 p.m. • This safe and effective class prepares the pregnant woman for her birthing day. Exercises will strengthen, stretch, and increase endurance of the muscles most affected during pregnancy and childbirth. Also includes relaxation, visualization, and short discussion. No class on May 23. $29 for five weeks. Call Victoria Cendrowski at 971–0456.

Photo by Linda Lawson

Barbara Brodsky is the founding teacher of Deep Spring Center, and has been practicing meditation for nearly 40 years. She is also a channel for the spirit, Aaron.

Early Bird Classes with Isabelle Yingling and Thais Rousseau • May 4, 7:00–9:00 • Sponsored by Bradley Method of Childbirth, Early Bird classes are designed to acquaint couples with services available for expectant couples. The topic for May is Doulas. In addition to the guest speakers, a couple will share the highlights of their Bradley birth. Free. Call Isabelle Yingling at 475–0022 or Thais Rousseau at 426–2151.

Childbirth Preparation Classes with Patty Brennan • Thursdays, June 11–July 16, 7:00–9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic, and other natural therapies included. $165 per couple. Call Patty Brennan at 663–1523.

Pre-Natal Yoga and Meditation with Ema Stefanova • May 23, 6:00–9:00 p.m. • This workshop is designed for expectant mothers up to five months pregnant as well as their partners and/or couples who are trying to conceive. Call Ema Stefanova at 665–7801 for more information.

Children & Young Adults

Children's Spirituality Class with Prachi Pat Thiel and Nirmala Nancy Hanke of the Lighthouse Center • First and third Sundays of each month, 10:30–12:30 • Class for children and teens, accompanied by parent. Parent must be a mantra meditator. Free. Call Prachi at 449–4381.

Reiki for Children, Ages 3–12 Years Old with Suzy Wienckowski • June 14, 10:00–11:30 a.m. • Reiki is a gentle, hands-on healing art so simple and natural that anyone at any age can use it. Reiki empowers children to bring healing energy to themselves, plants, pets, and others. Certificate and pin awarded. $25. Call Suzy Wienckowski at 668–8071.

We Have a Vision: Camp for Young Adults with Eric Cohen • July 8 at 6:00 p.m. through July 12 at Noon • A mindful wilderness experience for ages 14–18. $275–$325 sliding scale. Call Upland Hills Ecological Awareness Center at 248–693–1021.

Yoga for Young Adults with Ema Stefanova • May through August • This class is specifically designed for the needs of young adults – both male and female. The emphasis is on learning concentration, relaxation, postures, and breathing suitable for this age. Call Ema Stefanova at 665–7801 for more information.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00 p.m. • This class is designed for children ages 5–7. We learn postures, breathing, concentration, and relaxation. Children ages 2–3 sometimes come who like being around older kids. Call Ema Stefanova at 665–7801 for more information.

Death & Dying

Death Is Not Your Enemy – Death Is Your Friend with Lorna Brown • June 11 or July 9 • An introductory exploration of ancient and modern concepts regarding death and dying, and the integration of death into our life experience. We will look at personal issues around fear and avoidance, experience guidance through the dying process, and seek to embrace it as a part of life. $20. Call Lorna Brown at 428–8748.

Dreamwork

Dreams and Their Healing Power with Rebecca Mullen • Sundays or Mondays, 7:00–9:30 p.m. • Dreams come to us to balance and compensate our conscious awareness. People will be encouraged to share their dreams and penetrate their symbolic meanings. $5–$10 sliding scale. Call Rebecca Mullen at 662–5925.

Drumming

Drum the Heart Beat: Workshops with O. Andrew Schreiber • June 20, July 18, August 15 • You will learn beginning through intermediate hand drum rhythms. Hand positions will be explored in depth. We will also play rhythmic games with instruments, our voices, and body movements. $20–$45 sliding scale. Call O. Andrew Schreiber at 668–6380.

Women's Drumming Circle at Mulberry Farm • May 1, June 5, August 7, 7:30 p.m. • All are welcome for drumming, singing, sharing, and seasonal devotionals. $3 donation. Call Mulberry Farm at (734) 783–3830.

Drum-Making with Jorge Arenivar • August 8 • Make your own Native American frame drum and discover your inner rhythm. $125–$160, depending on class size. Call Upland Hills Ecological Awareness Center at 248–693–1021.

> "The Eskimos had fifty-two names for snow because it was important to them: there ought to be as many for love."
> - Margaret Atwood

Drumming at the Edge: From the Sacred to the Secular with Ubaka Hill • June 19 at 7:30 through June 21 at 2:00; Rhythm Circle Concert on June 20 at 7:30 p.m. • Drum intensive for those with some experience who want to explore the healing aspects and women's traditions of sound and rhythms. $240 for weekend, including meals and lodging. For concert, $12 or $10 in advance. Call Upland Hills Ecological Awareness Center at 248–693–1021.

Energy Healing

Introduction to Integra with Janet Nagy • August 7, 7:30 p.m. • This is an introductory evening to the Integra program. Integra is a well-crafted, eclectic, interdisciplinary curriculum designed to deepen understanding and experiential knowledge in the healing arts for health professionals and sincere lay persons. $25, applicable toward first consultation. Call 783–3830.

Aura Scans and Pendulum Use for Personal Health with Jewel Shelden • June 27, 7:00–9:00 p.m. • You can learn how to scan energy fields with your hands, sensing areas of imbalance and discomfort. Practice using the pendulum to draw out your inner knowing concerning emotional and health-related issues. $21. Call 998–0604.

Touch of Grace: Level One with Carol A. Gall • June 20, 9:00–1:00, and June 21, 1:00–4:00 • Students will learn how to feel and to remove blocked energy from the body to restore wellness. The class is especially useful to nurses, therapists, and parents of children with chronic diseases. $100. Prerequisite of one treatment. Call Carol A. Gall at 665–6808.

Enneagram

The Personality Enneagram: Pathway to Transformation and Understanding with Nancy Warren • May 16, May 30, June 13, 10:00–4:00 • Learn to use this multifaceted, psycho-spiritual system to gain a more complete understanding of yourself and others. Experiential exercises will be used in class and as homework in order to facilitate a clear realization of the nine personality types and their sub-types. A deepened appreciation of self and others is the goal. $150. Call 449–8133.

Feng Shui

Feng Shui Basics with Jennifer Johnson and Lynn Meadows • June 27, 10:00 a.m.–Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi, and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in home or office. This class may be taken alone or together with I Ching and Four Pillars of Destiny. $35. Call Lynn Meadows at 662–3446.

Flower Essences

Working with Flower Essences: An Intensive with Bronwen Wildflower • June 13 or June 14, 10:00–5:00 • This intensive teaches different ways to use flower essences as agents for healing ourselves and those we love. You will learn to make flower essences and how to use dowsing and kinesiology to choose essences. You will also learn about body mapping and other ways to use flower essences to access body language and restore emotional balance, and practice a variety of techniques, such as peeling and telegraph testing. $140 for both days or $80 for one day ($120 for both days and $70 for one day if paid one week before class). Call Bronwen Wildflower at 769–9014.

Why You Might Use Flower Essences to Support and Create Healing for Yourself and Others: A Presentation by Bronwen Wildflower • June 4, 8:00–9:30 p.m. • This presentation provides an overview of flower essences and what they might (or might not) offer for your healing. $15 or $10 if paid one week before class. Call Bronwen Wildflower at 769–9014.

Herbs, Plants, & the Garden

Environmental Learning Fund (ELF) Speaker Workshop Series: Edible Wild Plants with Ellen Elliot Weatherbee • May 7, 6:00–8:00 p.m. • Learn about edible wild plants, such as fiddlehead ferns, morels, wild leeks, and wintergreen, plus interesting non-edible and poisonous plants. A variety of habitats reveal their tasty treasures as we survey the spring edible scene. $10 or free to students with I.D. Call 998–7061.

Herbs and Menopause with Aviva Jill Romm • May 9, 1:30–3:30 p.m. • This workshop will focus on the reduction and prevention of common menopausal discomforts, as well as addressing concerns about HRT, osteoporosis, and heart disease. $15. Call LifeCycles Midwifery and Herbalism at 248–855–8096.

Herbal Medicine Making with Aviva Jill Romm • May 16 • Learn simple techniques for making your own remedies and save money. We will also discuss where and how to buy herbs, make formulas, and determine correct dosages. This is a hands-on workshop. $15. Call LifeCycles Midwifery and Herbalism at 248–855–8096.

Special Summer Video Series: John R. Christopher presented by Cindy Klement • Twelve Thursdays beginning May 28, 7:00–8:00 p.m. • Dr. Christopher studied at the Dominion Herbal College, the School of Drugless Therapy, and the Los Angeles Herbal Institute, obtaining degrees as an herbal doctor, a naturopathic physician, and an herbal pharmacist. He also worked with many of the last true Indian Medicine men. If you didn't have an opportunity to learn from Dr. Christopher before he passed away in 1983, glean from the case histories in his lifetime service as a Master Herbalist. We will be viewing more than 18 hours of his incredible teachings. $10 per session. Call Parkway Center at 975–2444, extension 1.

Wild Gardening with Bronwen Wildflower • Six Tuesdays, May 12–July 21, 7:00–9:00 p.m. • This class introduces the concept and practice of co-creative gardening, working consciously with the energies of the earth and the realm of nature to produce wild gardens, oases of beauty combining wild and cultivated perennials to provide earth friendly, low maintenance, stable, and ever-changing environments. Wild gardening also offers us an experiential map for working with the wild gardens of our souls, learning to live in beauty in a comfortable, nourishing way. Our wild gardens are places where we can see our process. $150 or $120 if paid one week before class. Call Bronwen Wildflower at 769–9014.

Using Herbs for Healing: A Presentation by Bronwen Wildflower • May 14, 8:00–9:30 p.m. • This presentation describes some of the reasons for and against using herbs to support your healing, drawing on Bronwen's lifetime of knowledge and experience of plants. $15 or $10 if paid one week before class. Call Bronwen Wildflower at 769–9014.

Herbal Bounty: Using Plants as Healing Allies with Bronwen Wildflower • Five Wednesdays beginning May 20, 7:00–9:00 p.m. • This experiential class explores the many ways we can use plants and plant extracts for healing and nourishing ourselves – as food and medicine for the body, mind, and spirit. Come and have fun while you learn how to bring herbs into your life in a confident, empowering way. $125 or $100 if paid one week before class. Call Bronwen Wildflower at 769–9014.

Herbal Wisdom with Linda Diane Feldt through the People's Food Co-op • This free class has been a popular favorite for three years. Each month, a different topic is introduced. Come to one or all, but pre-registration is requested. May 5 - There is a Free Lunch - featuring yellow dock pesto and how other weeds can be turned into nourishing free food. June 2 - Topic to be announced. Call 662-4902.

> "Each man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he does not cheat his neighbor. Then all goes well. He has changed his market-cart into a chariot of the sun."
> - Ralph Waldo Emerson

Weed Walks with Linda Diane Feldt through the Ann Arbor Center for Holistic Health and Traditional Wisdom • Saturdays: May 23, June 6, August 15 • Learn plant identification and traditional medicinal uses for plants common to the Ann Arbor area. A leisurely walk for beginners or those who want to add to their knowledge.Come to one or all, sliding scale $10-20. Call 662-4902.

The Crazy Wisdom Calendar

Holistic Health

Energy Healing with Cindy Klement • May 20, 7:30–8:30 p.m. • Energize the body for more rapid healing. Emphasis on nutrition, herbs, and other proven modalities. $10 per session. Call Parkway Center at 975–2444, extension 1.

Non-Invasive Diagnosing and Analyzing Techniques: Two Part Series with Cindy Klement • May 14 and May 21, 7:00–8:00 p.m. • $10 per session. Call Parkway Center at 975–2444, extension 1.

Working with Depression Naturally with Judy Stone of Feeding Your Whole Self • May 7, 7:00–9:00 p.m. and June 17, 7:30-9:30 p.m. • Whether you take antidepressants, are considering them or are looking for natural options for relief from depression, this workshop has valuable information for you. We will discuss the biochemical and energetic causes of depression and several alternatives or adjuncts to drugs that can help you feel better. We will discuss nutrition, body-oriented psychotherapy, light therapy, flower essences, St. John's Wort, and homeopathy. Learn what these alternatives are, how they work, guidelines for safe use, and how to locate resources. $20 or $15 if prepaid. Call Feeding Your Whole Self at 994–5549.

Jungian/Archetypal Psychology

Dreambody Symptom Workshop with Arnold and Amy Mindell through the Center for Mindful Living • Lecture: August 16, 7:00–9:00 p.m.; Workshop: August 17 and 18, 9:30 a.m.–5:00 p.m. • Dreambody process work integrates dream work, body work, relationship work, and conflict resolution. Learn how to gain access to the great powers and allies embedded in chronic symptoms, from the internationally renowned teachers, the Mindells. $15 for lecture; $210 for workshop (includes lecture). Call 663–0661.

Wisdom at Any Age with Clarissa Pinkola Estes • July 10, 9:00–4:00 • Using story, myth, poetics, and Jungian psychoanalytic commentary, Dr. Estes will cover topics such as Crossing the Crone Line, Mother/Daughter Relationships, Teenagers: Land of the Dead, and What Babies Teach Us. $90. Call 800–813–1376.

An Evening with Clarissa Pinkola Estes • July 9, 7:00–9:00 p.m. • A delightful and inspiring evening of family stories, psychoanalytic commentary, poetry, heartfelt humor, and wisdom. $20. Call 800–813–1376.

> There is a Hindu story of the child in the womb who sang, "Let me rember who I am." And his first cry at birth was, "Oh, I have forgotten."
>
> - Source Unknown

Beyond St. John's Wort: Natural Approaches to Depression with Aviva Jill Romm • May 2, 1:30–3:30 p.m. • Join us as we discuss St. John's Wort and other herbs and natural therapies for treating depression, stress, and anxiety. $15. Call LifeCycles Midwifery and Herbalism at 248–855–8096.

Beginning Lifestyle Changes: Increasing Vitality through Whole Foods and Exercise with Ann Petrou • August 27, 7:00–8:20 p.m. • In this eight-week course, we will focus on understanding the basic principles of a whole foods diet and the benefits of sound posture. The first evening is an introduction. Free with preregistration suggested. Call Ann Petrou at 971–5683.

Yogic Management of Allergies with Ema Stefanova • Fridays and Saturdays, May through August • The yogic understanding of the mechanism of allergies will be described, and cleansing practices will be explained. Call Ema Stefanova at 665–7801 for more information.

Nasal Wash and the Neti Pot: Good News for Noses with Diane Stevens • May 14, 7:00–8:30 p.m.; June 6, 10:00–11:30 a.m.; July 15, 7:00–8:30 p.m. • Learn to do a simple, quick, and soothing nasal wash using a small clay pot and warm salt water. Reduces allergy symptoms, prevents sinus congestion, reduces susceptibility to common colds and other respiratory infections, and clears nasal passages of bacteria and irritants. $12. Call 487–3288.

Group Hypnosis for Quitting Smoking with Eileen Bond • Five weeks in June and July • Group treatment for smoking cessation using hypnosis and structured interventions. $100. Call Eileen Bond at 668–1040 or Lucinda Orwoll at 930–6458.

Homeopathy

Beginning Your Vacation the Smart Way: Emergency Vacation First Aid with Natural Remedies with Ann Petrou • May 21, 7:00–8:20 p.m. • Homeopathic emergency first aid for the vacation-bound traveler. Tried and true results when you need them most! $15. Preregistration requested. Call Ann Petrou at 971–5683.

The Homeopathic Kit: What It Is and How to Use It with Mary Tillinghast • The kit is a workshop covering the most frequently asked questions about homeopathy regarding its theories, principles, and practical applications. The main focus will be on how to use the remedies in the Castle Remedies Home Care Kit. Having a kit is recommended and a class manual will be provided.

Section A:	May 9, 1:30–4:30 p.m.
Section B:	May 14 and 21, 7:30–9:30 p.m.
Section C:	June 6, 1:30–4:30 p.m.
Section D:	June 10 and 17, 7:30–9:30 p.m.
Section E:	June 22 and 29, 7:30–9:30 p.m.

$49. Call Castle Remedies at 973–8990.

Introduction to Homeopathy with Patty Brennan • Wednesdays, May 6–27, 7:00–9:00 p.m. • This class provides an overview of homeopathy as a system of medicine. The basic principles of classical homeopathy will be explained and students will learn what makes homeopathy unique among other healing systems. The use of resources for choosing remedies to treat common first aid crises and acute illnesses will be explained. CEUs for nurses available. $40. Call Patty Brennan at 663–1523.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes start monthly. • Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil, and handouts. Call Audrey Simon at 741–9706.

Individuation and the Development of a Woman's Creative Voice with Nancy Dougherty • Four Thursdays beginning June 4, 7:00–8:30 p.m. • This discussion class will have a personal focus and emphasize the exploration of the creative and psychological issues relevant to a woman's individuation, based on the article, "Our Lady of the Pomegranate" by Naomi Lowinsky, published in *The San Francisco Jung Institute Library Journal*, which will be distributed the first night of the class. We will discuss the dimensions of a woman's psyche relevant to a mature self-understanding: the father complex and father transference, the mother complex and mother transference, a woman's romantic life and her animus projection, the need for female mirroring, and erotic attractions to other women. Participants are encouraged to keep a journal during class for self-exploration. Space is limited and preregistration is requested. $50. Call 248–646–6190.

Fairy Tales in Every Woman with Ann Schoonmaker • Tuesdays, May 5–June 9, 10:00 a.m.–Noon or 7:00–9:00 p.m. • Six-week series of two-hour workshops focusing on how to release the spells that block many women from achieving their true potential. Screening interview required at no cost. Limited enrollment. $10 per session; $50 for series prepaid. Call 761–9044.

Meditation

Weekend Residential Vipassana Meditation Retreat with Buddhist Monk, Ajan Amaro throught the Center for Mindful Living • Lecture: June 16, 7:00–8:30 p.m.; Workshop: June 19, 6:00 p.m.–June 21, 1:30 p.m. • Weekend silent insight meditation retreat conducted in the Thai Forest monastery tradition. Ajan Amaro was ordained 20 years ago by Ajan Cha, the famed Thai Forest meditation master. He heads a traditional monastery in California and teaches at Split Rock. Open to both beginning and experienced meditators. Call 663–0661 for more information.

Mastering Meditation at the Sri Chinmoy Centre • May 19 and 26, 6:30–8:30 p.m.; June 9, 16, and 23, 6:00–8:00 p.m.; July 9, 16, and 23, 7:00–9:00 p.m. • An introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self-improvement. Free. Call the Sri Chinmoy Centre at 994–7114.

Introductory Meditation Lecture with Chetana Catherine Florida at Lighthouse Center • Last Friday of every month, 7:00–10:00 p.m. • Meditation lecture and mantra empowerment. $50. Call Prachi at 449–4381.

Intensive Meditation at Lighthouse Center • First and third Fridays of every month, 7:00–10:00 p.m. • Mantra meditation through the seven energy centers. Mantra meditators welcome. Free. Call Prachi at 449–4381.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 17 at 7:00 p.m. to July 18 at 4:00 p.m. • Learn meditation in a retreat setting. $160 or $140 for students. Call Zen Buddhist Temple at 761–6520.

Silent Meditation sponsored by Essence Point • Sundays, Noon–1:00 p.m. • Join with others and share this special time and space. There will be two meditation periods with a short tea break in between. Newcomers welcome. Donations accepted. Call Essence Point at 913–9830.

Meditation Class with Ema Stefanova • Sundays, 3:30 p.m. and Thursdays, 7:15 a.m. • We learn Yoga Nidra, Inner Silence meditation, and concentration. Students are carefully guided toward establishing themselves in the kind of meditation most suitable for them. Call Ema Stefanova at 665–7801 for more information.

sight Meditation with Barbara Brodsky of Deep Spring Center • Monday evenings: pril 27, May 18, June 1, and June 8; Tuesday evenings: April 21, May 19, June 2, and ne 9; Thursday evenings: April 23, May 21, and June 4 • Insight or vipassana meditation a simple, direct practice – the moment to moment investigation of the mind/body process rough calm, focused awareness. It allows us to distinguish between obsessive thought and cused reflection, and to experience sensations, emotions, thoughts, and consciousness ith greater clarity and balance. This frees our mind from conditioned patterns of self- nteredness and negativity, opening our heart to deeper wisdom and compassion. This actice derives from Buddhist teachings, but no special religious beliefs are necessary to , practice and no forms or rituals are taught. Each class begins with a sitting, followed by talk or instruction and discussion. Private meetings are available. The meditation pro- am ends for the season with the June retreat and resumes in September. Interested stu- nts are welcome to join us if space permits. Monday classes are for experienced medita- rs only. $15 per session, when space permits. No one will be denied participation for nancial reasons. Call Deep Spring Center at 971–3455.

ıtroduction to Insight (Vipassana) Meditation with Deep Spring Center • Four-week ass in May • See description above. This class is taught by Cassie Cammann, David oupland or Frank Levey. Call Deep Spring Center at 971–3455 for more information.

esidential Meditation Retreat with Deep Spring Center • June 12–14 or the full week rough June 20 • The foundations of the weekend are insight meditation and deepening vareness of innate perfection. The mediations derive from Buddhist Theravadin and zogchen traditions, but no special religious beliefs are necessary. We'll alternate sitting ıd walking meditation. Mindfulness throughout the day will be a focus. Although the treat will be held in silence, there will be clear instructions for beginning and advanced ieditators, evening talks, and optional discussion periods with teachers. We will also in- ude chanting drawn from several traditions. We begin by nealing the separation we may el from our heart, then offer this love to people in our lives, and to all beings. $185 for the eekend or $360 for the full week. Deposit required. For a flyer, call Hal at Deep Spring enter at 971–3455.

Men's Work

Ien's Issues Therapy Group with Cam Vozar • Ongoing Mondays, 7:00–8:30 p.m. • An ngoing therapy group supporting men to change their relationships and life styles. $35 per ession with some insurances accepted. Call Cam Vozar at 747–9073.

Ien's Gatherings and Rituals with John Kilis • Regular meetings • We will discuss, arn, and experience male gods and archetypes, heartspeak, drumming, wild plant forag- ıg, Reiki, sexuality, metaphysics, world wide web, dancing, poetry, drama, ritual, magic, ıanifestation, rites of passages, trancework, and yoga. (*Editor's note: We men really pack into our gatherings!*) Donations accepted. Call John Kilis at 747–6401.

Movement & Dance

Ioving from the Inside Out with Suzanne Willets Brooks • Mondays, May 1–July 6, :00–8:30 • A class designed to experience the body/mind. It combines elements from tai hi, yoga, and somatics as tools to explore and listen to underlying patterns of our personal volution. The experience of allowing our uniqueness to reveal itself is deeply calming. :30–$60 sliding scale. Call 482–2607.

.ife Dance I with Suzanne Willets Brooks • Tuesdays, June 2–July 7, 6:00–7:30 p.m. • .ife Dance is a movement experience of joy and empowerment. It integrates different styles of African-based movement with yoga and modern dance to help us awaken, inhabit, and elebrate our bodies and spirits. $60 for six weeks. Call 482–2607.

.ife Dance II with Suzanne Willets Brooks • Thursdays, May 28–July 9, 6:00–7:30 p.m. See above description. Must have some dance experience or movement experience in oga. $60 for six weeks. Call 482–2607.

"Art is the lie that reveals truth."
- Pablo Picasso

Ann Arbor Authentic Movement Group • Dates arranged bi-weekly by group members • We are a self-facilitated group that meets to experience and explore the practice of authen- tic movement. Our movement sessions are based on movement as spiritual practice, artistic resource, and psychological narrative. They enhance our individual practice and in-depth movement in community. Call Peter Norlin at 878–1862 or Charleen Berels at 995–8716.

Yoga, Dance, and Natural Movement: Spring Workshop with Cathy King of Inward Bound • May 9, 3:15–5:30 p.m. • $15. Call Cathy King at 517–592–8017.

Dances of Universal Peace with Majid Simonds and Siddiq and Majida Middlebrooks • First and third Fridays of every month, 7:00–9:00 p.m. • The dances are a form of medi- tation with sound and movement. Circle dance forms are accompanied by songs and chants that draw sacred phrases from the world's spiritual traditions. All dances are taught. No partner or experience necessary. $5 suggested donation. Call Siddiq and Majida Middlebrooks at 996–1332 or Majid Simonds at 517–381–0126.

Project Paradigm's Movement Journey with Hava Jean Delgado • Mondays twice per month, 7:00–9:00 p.m. • Healing through movement, creativity, and self-reflection. Em- powerment through gathering together. Self-rejuvenation through reacquaintance with our sacred bodies. Celebration of the masculine/feminine through moving, sounding, drawing, crafts, writing, and sharing. $15 per group session; $30 per private session. Call 697–1579.

"What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset."
- Crowfoot

Flying Dance Meditation with Alani Galbraith-Kuzma and Tom Kuzma • Wednesdays, 7:00–9:00 p.m. • This graceful and powerful energy awakening dance, based on the infinity symbol, speaks to our ancient body, knowing that we are infinite beings. It helps us weave the master pattern throughout the body/mind/spirit continuum. It forms the foundation for Lomi Kea La Hoku bodywork, teaching alignment, empathy, and expansion as it moves the primal healing energy of unconditional love. Simple to learn, this movement will teach you for a lifetime. $5 per session. Call Alani and Tom at 327–9328.

Earth Dance with Jesse Richards • Beginning class: Tuesdays, 7:30–8:45 p.m.; Advanced beginners: Saturdays, 3:30–4:45 p.m.; Intermediate: Wednesdays, 6:45–8:00 p.m. • Earth Dance combines jazz, African, and Martial Arts. It is an energetic, rhythmic, fun form of dance. It reminds us we are part of nature, and that dance is a way of life – a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. Beginning class is for those without experience. Advanced beginning class is for those with initial dance experience. Intermediate is for those with moderate dance experience. $60. Call Jesse Richards at 995–2972.

Creating Your Own Animal Form with Wasentha Young of Peaceful Dragon School • Fridays, May 7–28, 7:30–8:30 p.m. • Using meditation and visualization, participants will find their own animal totem and bring it into movement through costuming and physical movement. $50. Call Peaceful Dragon School at 741–0695.

Music & Sound

Shakuhachi: Zen Bamboo Flutes of Japan – Meditation and Healing with Michael Gould • Ongoing Tuesdays, Wednesdays, and Saturdays • The class teaches how to play bamboo flutes and the analytical thought process needed to understand and utilize one's experience. For non-playing participants, it teaches how to actively participate in music for desired goals, such as healing, meditation, and relaxation. $30 or $25 for students. Call 975–1792.

Healing with Sound with Norma Gentile • May 17, 4:00–6:00 p.m. • Sound is a vehicle for intent. It is the intention of the healer, more than the actual sound, which acts upon the listener. Through group toning, simple breath work, and energy exercises, we will explore how to better use our own voices to speak, heal, and augment the power of other healing modalities. $25. Preregistration requested. Call Essence Point at 913–9830.

Songwriting: A Path to Self-Expression, Discovery, and Healing with Laura Massaro • Begins mid-May • For musicians and non-musicians, a six-week workshop to learn how to use words, poetry, and music to communicate feelings, be self-expressive, and experience healing in a supportive environment. $20 per session. Call Laura Massaro at 971–6627.

Voice for the World: Singing Class with Jesse Richards • Beginning class: Thursdays, 5:30–7:00 p.m.; Continuing class: Saturdays, 10:30 a.m.–Noon • Six-week classes com- bine the teaching of solid vocal technique, group sharing, and a supportive space to per- form. We also explore voice as a means to personal and planetary healing. $90. Call Jesse Richards at 995–2972.

Native American

Purification Lodge at Mulberry Farm • May 2, May 30, July 25, August 29 • All are welcome! New people arrive at 4:00 p.m. • $20 donation plus a dish to pass. Call Mulberry Farm at (734) 783–3830.

Pipe Circle at Mulberry Farm • May 15, July 17, August 21, 7:30 p.m. • All are welcome! Pipe carriers or not. $3 donation. Call Mulberry Farm at (734) 783–3830.

Council of All Beings with Sweatlodge Ceremony led by John Seed, Ruth Rosenhek, and Jorge Arenivar • May 15 at 7:00 p.m. through May 17 at 4:00 p.m. • Series of re- earthing exercises designed by John Seed and Johanna Macy to reconnect with our earth, and find new sources of creativity, inspiration, and joy. $130 includes camping and some meals. Call Upland Hills Ecological Awareness Center at 248–693–1021.

Natural History

Family Fun Night: What is a Fossil? with Matt Lisle at the Exhibit Museum of Natural History • May 8, 7:00–9:00 p.m. • Ever wonder how fossils are made? Where to find them? What they tell us? Join us for a sedimentary journey to learn why these snapshots from the past are worth a thousand words. $5 for adults, $3 seniors and children ages 6–12, free for ages under 6. Reservations required. Space is limited. Call 936–5834.

The Crazy Wisdom Calendar

Nutrition & Food

Food, Weight, and Body-Image: Case Consultation Group for Therapists and Nutritionists with Judith Banker • Second Tuesday of each month, 9:00–10:00 a.m. • Case consultation, training, and supervision group for healthcare professionals. Learn how to work with clients' and patients' issues concerning food, weight, and body-image. $25 per session. Call Judith Banker at 668–8448.

Nutrition Support Group with Judy Stone of Feeding Your Whole Self • Tuesdays, April 28–June 30, 7:00–8:30 p.m. • Do you struggle with depression, food addictions or cravings, erratic blood sugar, hypoglycemia or diabetes, excess weight or body fat, compulsive eating or fatigue? If you'll commit the time, this ten-week group will help you boost your metabolism, burn body fat, shake the blues, stabilize blood sugar, and have more energy, mental focus, and health through nutrition. You will receive nutritional counseling, practical support, such as recipes and samples, meal planning, shopping and cooking tips, emotional support, coaching, and feedback to help you change at your own pace. You'll be amazed at how quickly you start feeling better and you'll be rewarded with real, long term health benefits. $20 per week plus a one-time material fee of $15. Call Feeding Your Whole Self at 994–5549.

Fat Burning Nutrition with Judy Stone of Feeding Your Whole Self • May 14, 7:30–9:30 p.m. and June 3, 7:00–9:00 p.m. • Learn why low fat, high carbohydrate diets frequently result in nutrient deficiency, weight and fat gain, hypoglycemia, depression, poor health, and a need for constant exercise to control weight. You will come away with what you need to know to prime your body to burn fat, stabilize blood sugar, conquer fatigue, increase mental focus, lose excess body fat, and improve overall health. Samples and resource information included. $20 or $15 prepaid. Call Feeding Your Whole Self at 994–5549.

Wild Foods in Your Diet with Bronwen Wildflower • July 9, 8:00–9:30 p.m. • This presentation describes the reasons you might want to include wild plants in your diet, drawing on Bronwen's lifetime of knowledge and experience of plants. $15 or $10 if prepaid one week before class. Call Bronwen Wildflower at 769–9014.

Healthy Vegetarian and Ayurvedic Cooking with Diane Stevens • May 24, June 28, July 26, 10:00–2:00 • Diane's holistic cooking techniques and philosophy reflect a variety of sources, including Ayurvedic, macrobiotic, Himalayan mountain, Indian, gourmet, and healthy, everyday, American vegetarian. She offers simple, easy, and timesaving food preparations that are satisfying, delicious, and highly nutritious. Learn to cook with reverence, respect, and gratitude for the food and for those who will eat it. Learn to cook with love. $40. Call 487–3288.

Parenting

Raising Strong, Confident Daughters: Workshop for Parents with Carole Lapidos and Sally Wisotzkey • Beginning May and June • This educational discussion group provides information, resources, and practical strategies for parents who want to help their daughters build strong self-esteem and realistic body images, to develop healthy peer relationships, and to resist negative, limiting cultural messages about being female. Appropriate for parents of girls ages 5–12. $80 per person or $140 per couple for four weeks. Call 996–3554.

Mothers & Daughters: Believing Mirrors with Jill Blixt • August 29 • There is so much mothers and daughters can offer each other. But, too often, they get caught up in negative self-talk and beliefs that they are never enough. This workshop is designed to help them open communication, see each other with new eyes, and become powerful "believing mirrors." Come play together for an afternoon making maps, dream books, and "positively me" dolls. $30 per person or $45 per mother/daughter pair. Call Jill Blixt at 662–0282.

Personal Growth

Inner Visualization with Ema Stefanova • June 6 and 13, 6:00–9:00 p.m. • Regardless of your lifestyle, age, profession or level of happiness, you can benefit from inner visualization as designed by a traditional yoga system. The focus of this workshop will be on using color and dynamic inner visualization. Call Ema Stefanova at 665–7801 for more information.

Exploring the Potential of Midlife with Eileen Bond and Lucinda Orwoll • Five weeks beginning May 10, 3:00–5:00 p.m. • We will focus on accessing your inner wisdom and spirituality, staying healthy, exploring creativity, enhancing sexuality, and developing the courage to change. $120. Call Eileen Bond at 668–1040 or Lucinda Orwoll at 930–6458.

EMDR: An Introduction to Eye Movement Desensitization and Reprocessing with Cam Vozar • May 27, 7:00–8:00 p.m. • An introductory lecture and discussion of EMDR, a cognitive behavior therapy for resolution of traumatic memories to a new perspective without toxic emotional overtones. Free. Call Cam Vozar at 747–9073.

Write Now! with Susan H. Hajec • July 17 at 7:00 p.m. through July 18 at 4:30 p.m. • A basic "get started and keep going" approach to writing. Find your joy in writing as you find a safe, easy, and fun way to tap into your authentic self's "inner voice." A sampling of journal writing, poetry, and story collage. $35 deposit plus $40 balance upon arrival. Call Weber Center at 517–266–4000.

Laura Massaro leads *Artist's Way*, *Vein of Gold* and *Songwriting* workshops. She also teaches music, drama and movement to children.

Photo by Linda Lawson

Intensive Journal Retreats with Therese Craig at the Weber Center • Retreat I: Life Context – Gaining a Perspective on Life beginning May 29 at 7:00 p.m. through May 31 at Noon. In this retreat, you will learn how to use the Intensive Journal. **Retreat II: Depth Contact – Symbolic Images & Meaning in Life** beginning May 31 at 7:00 p.m. through June 2 at Noon. In this retreat, we will focus on journal dream work and process meditation. **Retreat III: Life Integration – Awareness of the Interrelatedness of Your Life** beginning June 2 at 7:00 p.m. through June 4 at Noon. In this retreat, you will learn integrative techniques to deepen your awareness and to work with your unfolding life process. Level I is $85. Levels II and II are $75 each. There is also a charge of $50 per day for meals and lodging. Call Weber Center at 517–266–4000.

Soul Circle with Judy Smith • First and third Tuesdays of each month • You and I are the expressions of soul within the circle of life. Attend a Soul Circle and study the jeweled path of living wisdom, the teachings of Shaman wisdom teacher Winged Wolf, using *Recognizing God* and Winged Wolf's other books as study guides. $5 per class. Call Judy Smith at 248–437–6496.

Create Your Life and Manifest Your Dreams with Elizabeth Younger • June 14, 9:00–5:30 • Create what really matters to you! Learn skills to develop a life structure that supports you to reach your most cherished dreams. Based on *The Path of Least Resistance* by Robert Fritz, this class helps you clearly focus on what you want in your life and build the momentum to achieve it. $75. Call Creating Results at 665–8793 by June 12.

The Art of Journal Writing with Phyllis Perry • Eight weeks, one hour per week • Learn an easy journal writing process. Express your true voice and inner nature. Share in a supportive, nurturing environment. $25 per session. Call New Options Counseling at 973–0003.

The Artist's Way with Jill Blixt • Thirteen weeks beginning August 26, 6:30–10:00 p.m. • The Artist's Way is a proven, powerful process that helps individuals break through their blockages and transform their lives. This workshop uses writing, painting, collage, music, and movement to explore and reclaim personal creativity. It is for anyone who wishes to create a "hand-crafted" life, no matter what form it takes. $285 includes art supplies and light dinners. Call Jill Blixt at 662–0282.

The Vein of Gold with Jill Blixt • Thirteen weeks beginning August 25, 6:30–10:00 p.m. • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's sequel, *The Vein of Gold*. Explore your depths with writing, movement, sound, painting, doll-making, mask-making, treasure-mapping, and many more creative alchemy activities. Come mine your own vein of gold. Completion of *The Artist's Way* (either in my class or on your own) is a prerequisite. $285 includes art supplies and light dinners. Call Jill Blixt at 662–0282.

Artist's Way Groups with Sue Webster McDonald • Groups beginning mid-May • This course is based on the book, *The Artist's Way*, and consists of twelve weekly two-hour meetings in a secure, small group atmosphere that encourages the discovery and recovery of creativity in living and in the arts. It is appropriate for professionals and nonprofessionals. $25 per week. Call 747–9191.

The Artist's Way Workshop: A Spiritual Path to Self-Discovery and Greater Creativity with Laura Massaro • Group begins in July • Eight weekly two-hour meetings in a small, comfortable setting that explores creativity in everyday life as well as the arts. Effective for anyone in transition. Activities include discussion, journaling, and taking concrete steps. $20 per session. Call Laura Massaro at 971–6627.

Vein of Gold Workshop with Laura Massaro • Group begins in July • All backgrounds welcome. Based on *The Vein of Gold* by Julia Cameron. Small, comfortable group atmosphere that is experiential and explores the creative arts (music, art, and writing) as a path to self-discovery and healing. $20 per session. Call Laura Massaro at 971–6627.

Men Are from Mars, Women Are from Venus with Steve Mandell • July 25, 9:00–6:00 • An insightful exploration of relationships. $80. Call Upland Hills Ecological Awareness Center at 248–693–1021.

"As a health tonic, Tai Chi Chuan can make us physically and mentally sound. This ancient system renders our thinking lucid, turns our temper gentle and brings us peace of mind that helps us to function well in our hectic modern world."

- William C.C. Chen in
The Body Mechanics of Tai Chi Chuan

Professional Training & Enrichment

Accessing the Body as a Resource in Therapy with Leah Song • June 6, 9:30–4:30 with an alternate date possible • This one-day introductory workshop is designed for mental health and bodywork professionals who want to deepen their work with clients. Simple, elegant tools will be demonstrated and practiced for facilitating body/mind connections and gaining access to core material. $65. Call Leah Song at 662–7413.

ELF Speaker/Workshop Series: Art of Mentoring with Jon Young • July 27–31, 9:00–5:00 • Teaching methods that emphasize close relationship between student and teacher. Strategies like storytelling, asking leading questions, creating student curiosity, encouraging self-sufficiency, and inviting spiritual understanding of nature's ways. We combine modern science with traditional mentoring and our Anake Teaching Method. Designed for outdoor educators, homeschoolers, classroom teachers, youth leaders, community teachers, and anyone seeking ways to guide children and adults to be eager and hopeful. $50. Call 998–7061.

Artist's Way Groups for Teachers with Sue Webster McDonald • Groups begin in May • This course is based on *The Artist's Way* and will be tailored to meet the needs of teachers who face issues of creativity with their students and in their own lives. Twelve weekly sessions in a small, safe group atmosphere. $25 per session. • Call 747–9191.

Artist's Way Groups for Ph.D. Candidates with Sue Webster McDonald • Twelve-week class beginning late April • This class is based on *The Artist's Way* and will focus on the issues faced by Ph.D. candidates as they work to complete their degrees. Small group atmosphere helps break creative log jams. $25 per session. Call 747–9191.

First Friday: Women Therapists Group with Sandi Cooper • First Friday each month, 2:30–4:30 p.m. • Working in the field of mental health is hard enough. Come together once a month for a safe and supportive place for conversation, peer support, case conferencing, and networking, including job information. Free. Call Soundings: Center for Women at 973–7723.

Psychic Development

Expanding Our Connections: Psychic Tools for Living with Charlie Feigel and Anita McKay of Essence Point • June 6, 10:00–6:00 • In this workshop, we will work with four kinds of relationships. Our relationship to larger beings, the earth, and the cosmos; our relationship to ourselves, our chakras; our relationship with one another; and our relationship with our deep self and other people's deep selves. John Friedlander synthesized the work of the late Lewis Bostwick and Seth, channeled by the late Jane Roberts, to develop a thorough system that we will use to explore these relationships. $100. Call Anita McKay at 741–0478.

Expanding Our Connections: Additional Psychic Tools for Living with Charlie Feigel and Anita McKay of Essence Point • August 1–2, 10:00–4:00 • In this workshop, we build upon the foundation we've established in the first class by learning about and exploring the layers of our aura, understanding and repairing our boundaries, experiencing and working with our out-of-body chakras, and doing exercises that increase clairvoyance. You will be introduced to one of your healing guides and, together, you and your guide will do healings. $160. Psychic Tools for Living is a prerequisite. Call Anita McKay at 741–0478.

Past Life Regression with Jewel Shelden • May 30, 7:00–9:30 p.m. • We are influenced by our previous incarnations! Fears and phobias, issues around weight loss, and difficulties with significant persons in our lives can all stem from past life traumas. Musical and artistic talents and healing gifts are often improved upon while carried over from lifetime to lifetime. We will use a relaxing meditation technique to explore three of our past incarnations for insight and information. $25 per session. Call 998–0604.

Intuitive Awareness I (formerly Practical Psychic I): Awareness with Ray O. Golden • May 23–24, 10:00–4:00 • Learn simple and powerful techniques to begin to see, ground, and heal your psychic and emotional space, aura, and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-Of-The-Heart (Higher Self), and to do readings from that level. $149 or $129 if paid two weeks in advance or $119 if you bring three or more friends. Call 480–7796.

Intuitive Awareness II (formerly Practical Psychic II): Deepening Awareness & Skills with Ray O. Golden • June 13–14, 10:00–4:00 • Continue to deepen your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. $195 or $160 if paid one week in advance. Call 480–7796.

Intuitive Awareness III (formerly Practical Psychic III): Putting It All Together with Ray O. Golden • Wednesdays, August 5 through September 2, 7:00–9:00 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $195 or $175 if paid one week in advance. Call 480–7796.

Intuitive Awareness IV (formerly Practical Psychic IV): Channeling with Ray O. Golden • Time and date to be announced • Learn to safely become a conscious channel, using a technical system as your foundation. $195 or $175 if paid one week in advance. Call 480–7796.

Psychodrama

Empatheatre's Three-Day Training at Emrich Center in Brighton • August 7-9 • An opportunity to learn the techniques used in Empatheatre. These techniques are based on ways to improve your choices in relationships, increase job opportunities, and find resolution to personal issues. The process invites you to participate in a sacred place where play, trust, and spontaneity are the focus. $330 includes meals. Call Todd Hohauser Thatcher at 482–8497.

Reiki

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • April 29 or July 1, 7:00–8:30 p.m. • This talk will be on the Usui System of Reiki healing. In this ancient, hands-on healing art, the Universal Life Force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered after the talk. Free. Call Suzy Wienckowski at 668–8071.

First Degree Reiki Class with Suzy Wienckowski • May 15–17 or July 10–12; Friday 7:00–9:30 p.m., Saturday 10:00 a.m.–3:00 p.m., Sunday 10:00 a.m.–Noon • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Call Suzy Wienckowski at 668–8071.

Second Degree Reiki Class with Suzy Wienckowski • June 6–7; Friday 7:00–9:00 p.m., Saturday 10:00 a.m.–4:00 p.m. • Second level of training of the Usui System of Reiki healing. Students learn and are empowered to use three sacred Reiki symbols, which focus and intensify Reiki energy. This enables the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. First Degree training is a prerequisite. $500 with creative financing available. Call Suzy Wienckowski at 668–8071.

"The hidden harmony is stronger than the visible."

- Heraclitus

Reiki Levels I and II with Jennifer Johnson • August 8–9, 10:00–5:00 • Learn the Usui method of natural healing utilizing channeled universal life force energy. Reiki is a gentle method of hands-on healing, which is facilitated by energy transfers given to each individual during this workshop. Other healing modalities will also be covered. Previous healing experience is not necessary. A certificate will be awarded. $225. Call Lynn Meadows at 662–3446 or Jennifer Johnson at 517–332–3277.

First Degree Reiki Workshop with Barbara Barth • May 23 or June 27, 10:00–5:00 • Reiki is a powerful, natural healing system in which the universal life force is transmitted through the hands of a practitioner to facilitate the healing process physically, emotionally, and mentally. First Degree class includes the history of Reiki, the chakra system, attunement and hand positions for self-healing and healing others. $100. Call 475–6340 or 475–7963

The Crazy Wisdom Calendar

Reiki (Continued)

Second Degree Reiki Workshop with Barbara Barth • July 25 from 10:00–5:00 and July 26 from Noon–5:00 • In this class, the Second Degree Usui Reiki attunements and additional information will be given. You will learn the sacred Reiki symbols, the chakra system, distant healing, and hands-on practice. $200. Call 475–6340 or 475–7963.

Reiki Practitioner Certification Levels I and II with Kim and Steven Falcone • May 16, June 13, July 18 or August 15, 9:00–5:30 • Reiki is an ancient healing touch system in which an initiated practitioner channels healing energy through the laying on of hands. In this class, you will learn the history of Reiki, Reiki ideals, the chakra system, hand positions for self-healing and healing others, sacred Reiki symbols, group and distant healing, and more. Includes course manual, first and second degree attunements, a certificate, and lunch. $175. Call Kim or Steven Falcone at 449–8111 or 800–311–9914.

> " The conventional medical world is on the brink of recognizing the link between energy or spiritual dysfunction and illness. It is inevitable that it will someday cross the divide between body and spirit, but in the meantime we can help ourselves by building our own bridges to our spirit by learning the language of energy and the skill of symbolic sight."
>
> -Caroline Myss
> Anatomy of the Spirit

Reiki III Master Certification with Steven Falcone • May 23, June 20, July 25 or August 22, 10:00–3:00 • The Reiki Master Certification trains an individual in the process of teaching Reiki and initiating other Reiki practitioners. In this class, you will learn a review of Levels I and II, the Usui Master symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teaching Reiki, complete course manual, master attunement, a Reiki Master Certificate, and lunch. $350. Call Kim or Steven Falcone at 449–8111 or 800–311–9914.

Reiki I with Cyndi Power • May 6, 5:00 p.m. • This one-day class examines the reality of Reiki, how it works, and its history. You will receive the Reiki I attunement, which permanently open a channel to the flow of Universal Life Force Energy in your body. $100. Potluck dinner. Call Cyndi Power at 332–0578.

Reiki II with Cyndi Power • April 21–23, 5:30–9:30 p.m. • This class initiates you into the Usui Reiki symbols and teaches you how to use them. You also learn more of the energetic or chakra system of the body to best utilize Reiki healing energy. This includes aura reading, chakra balancing, and more. $200. Call Cyndi Power at 332–0578.

Reiki Level I Workshops with Ray O. Golden • May 9 or August 16, 9:00–6:00 • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, and causal. Class sizes are limited to allow for individual attention and traditional attunements. $125 includes manual and certificate or $95 if paid one week in advance. Call Ray O. Golden at 663–6075.

Reiki Level II Workshop with Ray O. Golden • June 19 from 6:00–10:00 p.m. and June 20 from 10:00–4:00 • In this workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 includes certificate or $180 if paid one week in advance. Call Ray O. Golden at 663–6075.

Free Reiki Introduction and Healing Nights with Ray O. Golden • May 7, June 4, and August 6, 7:00–9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call Ray O. Golden at 663–6075.

First Level Usui Reiki: Reiki Initiate Class with John and Paula Steele • June 6, Noon • Traditional first degree Usui Reiki is taught. This attunement connects us with the Reiki energy. Training includes self-treatment, treating others, the history and background of Reiki, and more. Includes manual and certificate. $75. Call John or Paula Steele at 677–8211.

Reiki Practitioner, Level II with John and Paula Steele • May 2, Noon • Traditional Second Degree Usui Reiki attunement and additional information are taught. This is a practitioner level class: mental/emotional healing symbol, distance healing symbol, and a power symbol are taught as well as two additional symbols. We will also include affirmation, centering and balancing of chakras, and more. Includes manual and certificate. $125. Call John or Paula Steele at 677–8211.

Usui Reiki Master Weekend Retreat with John and Paula Steele • Weekend in August • Join us for this weekend of beauty and ceremony in a scenic wooded retreat. We will start Friday evening with a purification ceremony, followed by your Reiki Master attunement on the shore of a beautiful lake. The weekend will be filled with symbols, ceremony, and workshops. Be sure to make this weekend a part of your sacred path. $500 includes meals, lodging, training, manuals, and certificates. Call John or Paula Steele at 677–8211.

Reiki Levels I, II, and III with John Kilis • Call for dates and times • Level I teaches history, attunements, hand positions, and healing methodology. Levels I and II teach symbols, distant healing, and psychic surgery. Level III offers Master Level attunement, OM attunement, and instruction on how to pass attunements. All classes include attunements, hands-on experience, a manual, and certificate. $20 for Level I; $50 for Levels I and II; $60 for Level III. Call John Kilis at 747–6401.

Reiki for Children with Suzy Wienckowski • June 14, 10:00–11:30 a.m. • See listing under Children & Young Adults.

Sexuality

Women's Sexuality Workshop with Cyndi Power • May 9–10, 9:30–5:30 • This women's workshop creates a path to empowerment and enhanced sensuality. By freely exploring roles and archetypes, you will allow self-discovery. $150. Call Cyndi Power at 332–0578.

Shamanism

Shamanic Journey with John Morris • Wednesdays, 7:30–9:30 p.m. • A safe, simplified introduction to shamanic practices for healing, divination, shape-shifting, and personal transformation. A variety of postures and techniques are used. Newcomers are always welcome. Free. Call John Morris at 665–3522.

Magickal Survival Skills I with Medicine Woman (Mateyo Empie) • Six Mondays, June 1–July 13 or July 22–August 19, 7:00–11:00 p.m. • An introduction to practices of both the Old and New Worlds. We will learn grounding, creating sacred space, astral journeying, setting psychic boundaries in relationships, raising energy, the fire ceremony, vitalizing and repairing the aura, and other practical tools to joyfully heal and empower ourselves. A fun class with concrete results, it is the first in a year-long series around the four directions of the Medicine Wheel. We will confirm what we know already with the wisdom of the ancients. $170–$230 sliding scale. Call Medicine Woman at 663–5505.

Shamanic Journeying and Active Imagination with Nancy Dougherty • Call for date and time • Shamanic journeying is an ancient human process that may be considered the archetypal ground for what Jung describes as active imagination. In journeying, the shaman travels into the upper or lower world to interact with who or what is found there. The journey is undertaken with intentionality to seek healing. The shaman is strengthened and healed by the process. In this experiential workshop, we will look at Mayan shamanism and its imagery and consider how it illuminates the practice of active imagination. In active imagination, we face our inner world to become more deeply related to our inner life. The Mayan concept of portal will also be explored as well as the shaman's return from the journey. Suggested reading: *Mayan Cosmos* by David Friedel, Linda Schele, and Joy Parker; *War of Witches* by Timothy Knaab. $60 or $50 for members. Call Center for Jung Studies of Detroit at 313–881–7970.

Blowing with the Four Winds: Introduction to Embodying the Lineage of the Incas with Phil Rogers • August 1, 9:30–5:00 with fire ceremony at 7:30–10:00 p.m. • Using discussion, energy and movement exercise, and ceremony, we will go into some detail regarding the nature of the Inca Medicine Wheel and the lineage it embodies. Includes slides of Peru. $60. Call Phil Rogers at 769–6150 or 647–5123.

Interfacing with the Landscape and Its Choir of Inhabitants: Shamanism on the Trail with Phil Rogers • Date and time to be announced • Beginning with breathing, movement, and other exercises to alter one's vision, we will head out on the trail, learning to dance your power animals to spread yourself through the landscape. Object: acquaintance/communion with spirits of tree, rock, trail, stream, etc. Water ceremony and brief performance in the evening. $70. Call Phil Rogers at 769–6150 or 647–5123.

Using Shamanic and Ritual/Ceremonial Methods to Access and Enhance Creativity with Phil Rogers • May 23, 9:00–5:00 with optional performance at 7:30–10:00 p.m. • After creating sacred space, we will use various energy body exercises as entry points and doorways for explorations of individual and group creativity. In the evening, there will be a performance for those who wish to attend. $60. Call Phil Rogers at 769–6150 or 647–5123.

> *"Nobody can make you feel inferior without your consent."*
>
> *-Eleanor Roosevelt*

Using Shamanic and Ritual/Ceremonial Methods in Conjunction with Movement Exercises to Promote Personal Healing, Group Healing, and Healing of the Earth with Phil Rogers • June 21, 9:00–5:00 with optional performance at 7:30–9:30 p.m. • Breathing exercise to enhance the immune system. Learning to source the three worlds with your energy body. Dancing with your power animal. Creating a group energy body accessing the central fire. Connecting with energy body of the Earth. Evening performance. $65. Call Phil Rogers at 769–6150 or 647–5123.

Soul Circle with Nancy Jeruzal • Fourth Tuesday of every month • You and I are the expressions of soul within the circle of life. Study the Jeweled Path of Living Wisdom. The teachings of shaman wisdom teacher Winged Wolf, using *Recognizing God, Dialogues with a Shaman Teacher*, and *The Shamanic Journey of Living as Soul* as study guides. $5 per class. Call Nancy Jeruzal at 810–229–2459 or The Wisdom Tree at 810–227–0026.

Spiritual Development

Second Mondays: A Gift for Your Spirit with Dale Crayne • Second Monday of every month, next group on May 11, 6:00–8:00 p.m. • Life is a great teacher. Use your life experiences to grow spiritually. Through meditation and supportive group discussion, learn to listen to your own inner wisdom. Free. Call Soundings: Center for Women at 973–7723.

Choose Life! Spirituality and the Earth with Patricia Benson • July 19 at 7:00 p.m. through July 24 at 6:00 p.m. • Today, many of the wonders of creation are being destroyed. Future generations require us to expand our consciousness to include a new way of seeing the world. Voices of scientists, theologians, feminists, physicians, and mystics challenge us to deepen our spirituality and change our ways. $100 due at registration and a balance of $275 due upon arrival at the Weber Center. Call 517–266–4000.

Voices of Mystics with Arlene Kosmatka • June 11 at 7:30 p.m. through June 15 at Noon • We will pray and reflect with 20th century mystics, such as Thomas Merton, Dorothy Day, and Bede Griffiths, who have revealed their spiritual journeys in stories and writings and who invite us to do so with ours. $75 due at registration and a balance of $100 upon arrival at the Weber Center. Call 517–266–4000.

The Spirituality of Thomas Merton with Patrick Collins • August 9 at 7:00 p.m. through August 15 at 1:00 p.m. • This preached retreat is based on several themes basic to Merton's spirituality. Experience a contemplative atmosphere, including Eucharist and the Liturgy of the Hours. Presentations will include music, singing, the spoken word, and videos. $75 due at registration and a balance of $200 due upon arrival at the Weber Center. Call 517–266–4000.

Lives Without Judgments, Lives Without Fear with Brenda Morgan • August 22, 9:00–4:00 • A day-long intensive focusing on one of the major blockages to a life based on opening to happiness rather than trying to avoid unhappiness. Individual and group activities, dialogue, meditation, and insights arising from Brenda's spiritual transformation will be used to help participants release the underlying currents of fear and resultant judgment of self and others. $85. Call Susan Fancy at 665–0536.

The Ecstatic Moment with Paul Ferrini • May 30, 9:00–3:00 • Paul Ferrini, author of *Love Without Conditions* and fifteen other books on love, healing, and spirituality, will help us develop a deeper understanding of ourselves, our relationship to each other, and to God. $25. Call Church of Today at 810–758–3050.

The Messengers with Nick Bunick • June 13, 9:00–1:00 • Based on the book of the same title, Nick shares his deeply moving influences with Angelic Visitations and sheds light on some of the most controversial doctrines that exists. $25. Call Church of Today at 810–758–3050.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Lisa Wolf at 930–0864.

An Introduction to the Pathwork Teachings: A Lecture Study Series sponsored by the Great Lakes Pathwork Inc. • Weekly and monthly two-hour classes • This is a series of ten classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes a $50 deposit. Fee includes all lectures and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930–0864.

> "So here is the utterly bizarre structure of today's world: a scientific framework that is global in its reach and omnipotent in its information and communication networks, forms a meaningless skeleton within which hundreds of subglobal, premodern religions create value and meaning for billions; and they each - science and religion each - tend to deny significance, even reality, to the other."
>
> -Ken Wilber
> The Marriage of Sense and Soul

Dowsing: Communication with Inner Truth with Bronwen Wildflower • Three Wednesdays beginning July 8, 7:00–9:30 p.m. • Dowsing is a tool for exposing our decision-making process to scrutiny and provides an arena to explore our understanding of trust. It is also a powerful tool for "cracking the communication code" between ourselves and our inner guidance. In these playtimes, we will use pendulums as dowsing tools and learn about the power of intent, about asking the right questions, and about guidance, what it is, and how we can access it. $90 or $75 if paid one week in advance. Call Bronwen Wildflower at 769–9014.

Qualities of the Empowered Self with Bronwen Wildflower • May 24, 1:00–5:00 • The empowered self knows its spiritual power and also gives itself the authority and permission to utilize this power. The components of the empowered self include the qualities of self worth, self esteem, self love, self confidence, and self respect. This playshop presents an overview of the empowered self and explores the nature of self worth and how we may claim our worth as a foundation for the development of the empowered self. $50 or $40 if paid one week in advance. Call Bronwen Wildflower at 769–9014.

Workshop with Gurudev Shree Chitnabhanu • July 6 • Gurudev is a Jain monk, philosopher, and teacher who will be speaking at the Lighthouse Center. Call Prachi at 449–4381.

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • Five Mondays in August beginning August 3, 6:30–10:00 p.m. • Rather than a time of crisis, mid-life can be a powerful call from our soul to be authentic, claim our gifts, and honor our dreams. Through writing, imagine-making, movement, and ceremony, we will harvest the gifts from our past, create a sacred space to let go of the "if only...," and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. $145 includes art supplies and light dinners. Call Jill Blixt at 662–0282.

Sacred Wisdom for Spiritual Living with Brenda Morgan • May 15, 7:00–9:00 p.m. • Trust, faith, and transformation are key aspects of spiritual life. If any one of these is weak, the linkages to opening to God can be jeopardized. Learning how to truly accept and live with a rich intuitive feeling and deep knowing that they are a natural response to life will catalyze deeper spiritual openings. Through various exercises, dialogue, meditation, and wisdom arising from her spiritual transformation, Brenda will share how to deeply accept and express these gifts from the Divine. $35. Call Susan Fancy at 665–0536.

Who Are You and What Are You Doing Here? Exploring Your Life's Meaning and Spiritual Purpose with Brenda Morgan • May 16, 9:00–4:00 • A day-long intensive in which Brenda will share the insights, wisdom, and meditation arising from her spiritual transformation within a variety of activities to help participants explore and align, internally and externally, their life expression to their actual soul purpose. $85. Call Susan Fancy at 665–0536.

Spiritual Passages: Seeing the Evolutionary Process at Work in Your Life with Brenda Morgan • August 21, 7:00–9:00 p.m. • This evening seminar will help participants understand the flow of their spiritual evolution within their own lives: why they are where they are and how to open more deeply to God. Opportunities for sharing, exploring, and understanding your own life from this perspective will be given, triggered by the meditation, dialogue, occasional exercises, and wisdom flowing from Brenda's spiritual transformation. $35. Call Susan Fancy at 665–0536.

Embracing the Power of Creation: A Twelve-Week series in Consciously Creating Your Reality with Lisa Wolf • Two-hour sessions, call for dates and times • Our goals, be they material goods or states of being, are often hindered by our unconscious beliefs, attitudes, and feelings. When we face our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. During this twelve-week series, participants will explore the process of conscious creation. They will deepen their understanding of emotions, attitudes, and beliefs that shape the creative process. Psychotherapeutic approaches, spiritual practice, discussion, emotional release work, art, and experiential exercises are some of the techniques presented. $600 includes a $100 deposit. Call Lisa Wolf at 930–0864.

What is Sacred Geometry and Ascension? with Lorna Brown • May 14 • An introduction to sacred geometry as it relates to the human energy field, Merkabas, Earth history, and the process of ascension. $25. Call Lorna Brown at 428–8748.

Children's Spirituality Class with Prachi Pat Thiel and Nirmala Nancy Hanke at Lighthouse Center • First and third Sunday of every month, 10:30–12:30 • See listing under Children & Young Adults.

Stress Reduction

Yoga Stress Management with Ema Stefanova • June 7, 10:15 a.m.–1:15 p.m. • Yogic management of three-fold tensions – muscular, mental, and emotional – will be explained. Postures, breathing, and relaxation will be practiced. Practices beneficial for certain stress-related conditions will be suggested. Call Ema Stefanova at 665–7801.

Sufism

Secrets of the Heart: An Evening of Sufi Chanting, Sufi Meditation, and Association with Khaalid ibn Waleed • Every Saturday, May through July, at 9:00 p.m. • Join us every Saturday evening for a night of remembrance, conversation, and refreshments. Free. Call 930–9807.

Tai Chi & Martial Arts

Tai Chi at Jewel Heart • Ongoing Sundays, 4:30–6:00 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 donation suggested. Call 994–6139 or 994–3387.

Beginners Class with Pencak Silat Seni Haqq • May 7, May 24, June 7, June 21, July 12, 5:00–7:00 p.m. • This is an ancient and mystical martial art, self defense, and dance from West Sumatra, Indonesia and Malaysia. This art is effective, balanced, and contains meditative, fluid, graceful movements. $40 per class. Call Guru Leonardo at 930–9963.

Healing Kungfu: Chinese Bagua and Qigong with Victor Chao of Magic Dragon Studios • Tuesdays and Thursdays at 8:00 p.m., Sundays at 2:00 p.m. • The Bagua and Qigong of Healing Kungfu share much with Tai Chi in the Chinese tradition, yet in contrast with the soft, floating of most Tai Chi, Bagua uses inner power in winding, wrapping curves of whole body movement. Regular practice joins body, breath, and mind. All levels. $10 per session or $70 per month. Call Magic Dragon Studios at 663-8073

The Crazy Wisdom Calendar

Tai Chi (continued)

Great Lakes Wushu (Tai Chi, Kung Fu) with Richard Miller • New Tai Chi class begins May 4 • Complete instruction in Chen style Tai Chi Chuan, as well as other styles of Northern Chinese Kung Fu. This summer, a class in the sword will be offered. $60 per month. Call 994–5980.

Tai Chi Chuan Event with Grand Master William C. C. Chen • August 2, 1:00–5:30 • Grand Master Chen will conduct classes in the body mechanics of Tai Chi Chuan, application, and push hands. $40 per class or $100 for the entire afternoon. Call Peaceful Dragon School of Tai Chi Chuan at 741–0695.

Tai Chi Chuan Beginners Class with Wasentha Young through the Peaceful Dragon School • Saturdays, May 16–July 18, 9:30–10:15 a.m. • Tai Chi Chuan is an Internal style of Martial Arts that concentrates on integrating the body, mind, and spirit through the continuous flowing set of movements called the Form. Its graceful, relaxing movement relaxes the body, strengthens concentration and balance, and develops physical confidence and general well-being. $125. Call Peaceful Dragon School of Tai Chi Chuan at 741–0695.

Chi Kung I with Wasentha Young through the Peaceful Dragon School • Saturdays, June 13–July 18, 8:00–9:15 a.m. • Chi Kung is a type of Chinese Yoga. It directly affects the body's physical and energetic systems. Chi Kung techniques consist of stretches, imagery, reeling of silk (continuous circular movement), breathing, and study of the body's energy system. All four major schools – Taoist, Buddhist, medical, and Martial – will be represented. $85. Call Peaceful Dragon School of Tai Chi Chuan at 741–0695.

Photo by Linda Lawson

Pictured above and on the next page: Victor Chao of Magic Dragon Studios and some of his students. Magic Dragon offers classes and private sessions to aspiring martial artists.

Tarot & Divination

Introduction to I Ching with Jennifer Johnson • June 27, 1:00–3:00 p.m. • I Ching, the oriental art of divination, is based on the belief that all events and phenomena in our lives are a result of the interaction between the forces of Yin and Yang. Bring five pennies and a dime and a receptive mind. Leave with a tool that will guide and teach you on your life path. This class is one of three interrelated disciplines being taught the same day: Feng Shui and Four Pillars of Destiny. $35. Call Jennifer Johnson at 517–332–3277 or Lynn Meadows at 662–3446.

Tarot and Psychic Development I with Medicine Woman (Mateyo Empie) • Six Wednesdays starting June 3–July 15 or Six Mondays starting July 20–August 17, 7:00–10:00 p.m. • Explore your psychic gifts with the tarot and other oracles. We will cover grounding and centering, entering a card, care and feeding of the deck, setting psychic boundaries, and opening up your ability to find a personal set of meanings for the cards. This is a fun class with concrete results, the first in a six month series leading to professional level expertise. $145–$195 sliding scale. Call Medicine Woman at 663–5505.

Therapy & Support Groups

Women Survivors of Sexual Abuse: Psychotherapy Group with Lisa Wolf • Ongoing Wednesdays, 5:30–7:30 p.m. • This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While our specific focus is healing from sexual abuse, group members often deal with a variety of issues – relationship concerns, work problems, death, divorce, current and old pain, present and past anger, and self confidence issues – with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. $35 per session. Call Lisa Wolf at 930–0864.

Psychotherapy Group for Voice Hearers with Bark Blough • Twenty-four weeks beginning May 6, 9:30–11:30 a.m. • This group offers participants the opportunity to receive support, reduce fears, and make changes that decrease voices and increase feelings of confidence and competence. $40 per two-hour session. Call Mark Blough at 930–0864 or Kathy Blough at 814–0856.

Becoming the Way We Are with Kathy Blough • Tuesdays beginning June 2, 9:30–11:30 a.m. • This twelve-week group is an exploration into your past to identify and change early decisions, stuck places, and learned unhealthy behaviors that are interfering with your ability to experience joy, peace, and happiness in the here and now. $40 per session. Call Kathy Blough at 814–0856.

Ongoing Group: Psychotherapy with Mark Blough • Mondays beginning May 4, 7:00–9:00 p.m. • This group is designed to enable participants to identify their strengths and build on them by bringing into awareness and changing early decisions and behaviors that are self-defeating or limiting. $40 per session. Call Mark Blough at 930–0864.

Skills Training for Emotional Well-Being with Michele Rivette and Kathy Blough • May 12 from 9:30–11:30 a.m. or August 27 from 7:30–9:30 p.m. • A program for adults who struggle with patterns of coping, emotional reactivity or self-defeating behaviors that affect their life functioning and interpersonal relationships in negative and painful ways. Skills training will teach you how to live life with less emotional suffering and more joy; to tolerate painful emotions and find effective solutions to problems rather than engaging in self-destructive behaviors; to find and keep good relationships and self-respect; and to cultivate mindfulness in your daily life. $40 per two-hour session. Call Michele Rivette at 238–0699 or Kathy Blough at 814–0856.

Emotional Fullness: Moving from a "Full Figure" to a Full Life with Michele Rivette • Eight weeks beginning June 3, 7:00–9:00 p.m. • We will explore the relationship between compulsive eating and one's own body and sense of being present in life. Emotional fullness combines self-psychology and object relations concepts with experiential mind-body work to help participants move beyond preoccupations with food and weight to "full" and mindful living. $40 per session. Call Michele Rivette at 238–0699.

Counseling Group for Women with Chronic Illness or Pain with Erica Dutton • Ongoing weekly sessions • This treatment group is open to adult women with any kind of chronic illness or chronic pain. We explore the impact of chronic illness, disability, and pain upon our lives. $35 per session. Call 677–3056.

Divorce and Beyond Support Group with Lynne Lande • Eight Wednesdays, May 6–June 24, 7:00–9:00 p.m. • Information resources for coping with divorce. We offer encouragement and support to women in a safe setting. $160 with partial scholarships available. Call Soundings: Center for Women at 973–7723.

Women, Food, Body, Life with Judy Stone of Feeding Your Whole Self • Ongoing Wednesdays, 7:00–8:30 p.m. • This Bioenergetic therapy group is for women who want to explore any food or body issue and its underlying source. Bioenergetics provides a way of working with emotions through the body. It can help you access parts of yourself that are under the surface and out of awareness, yet exercise control over your feelings and behavior around food and your body. New members can join anytime, providing space is available. Minimum commitment of eight weeks is required. $35–$40 depending on group size. Call Feeding Your Whole Self at 994–5549.

Wilderness Awareness

Wilderness Awareness with Bob Bodi • June 6, 10:00–3:00 • Family oriented, interactive day exploring fire-making, hut building, and tracking. $20. Call Upland Hills Ecological Awareness Center at 248–693–1021.

ELF Speaker Workshop Series: Seeing Through Native Eyes with Jon Young • June 13, 3:00–10:00 p.m. • Because they lived close to the land, native cultures the world over spoke the language of their place. They knew how to navigate and find shelter and food. They had an intimate understanding of plant and animal lifestyles. Above all, they knew how to move with grace and ease through the wilderness. Practicing routines that made them invisible, they could read the language of tracks and interpret the stories birds told. $10 or free to students with I.D. Potluck dinner break. Call 998–7061.

ELF Speaker Workshop Series: Basic Survival Skills with Jim Miller • July 7, 10:00–4:00 • Basic survival skills workshop that will touch upon the following: fire by friction, cordage, edible plants, shelters, primitive weapons, baskets, bark containers, pottery, tanning of hides and pelts, bone tools, glue, sewing, food preservation, stone tools, and trapping. $10 or free to students with I.D. Bring your own lunch. Call 998–7061.

Wild Heart Wilderness Skills Workshop with Patrick Munson and Andrew Buesser • May 2, June 6, July 18 or August 15, 10:00–4:00 • Skills and techniques for living in the wild, including shelters, fire by friction methods, wild edibles, camouflage, and wilderness awareness exercises. Class format is hands-on workshops held in the wild. Children with parents welcome. $45 or $35 for ages 12 and under. Call Patrick Munson at 426–3047 or Andrew Buesser at 761–6470.

Wilderness Skills Camping Weekend with Patrick Munson and Andrew Buesser • May 29 in the evening though May 31 in the evening • Skills and techniques for living in the wild, including shelters, fire by friction methods, wild edibles, camouflage, and wilderness awareness exercises. Class format is hands-on workshops held in the wild. Children with parents welcome. $45 or $35 for 12 and under. Call Patrick at 426–3047 or Andrew at 761–6470.

We Have a Vision: Camp for Young Adults with Eric Cohen • July 8–12 • See listing under Children & Young Adults.

Womenspirit

Days of Healing with Bronwen Wildflower • 9:30 a.m.–5:00 p.m., dates to be arranged • These Spiritual Retreat days for women offer times of sacred play and sacred work to nourish and regenerate body, mind, and spirit. Each day will be attuned to the specific needs of participants. $80 or $70 if paid one week in advance. Call Bronwen Wildflower at 769–9014.

Photo by Linda Lawson

Gates of the Feminine Soul: Maiden, Mother, and Crone with Cheryl Baker and Elizabeth Younger • May 30 from 9:00 a.m.–8:30 p.m. and May 31 from 10:00 a.m.–4:00 p.m.; August 29 from 9:00 a.m.–8:30 p.m. and August 30 from 10:00 a.m.–4:00 p.m. • This powerful gathering of women creates a circle of intimacy and support to "sister" each other as we look at our passages from Maiden to Mother to Crone and connect with our authentic selves. This intergenerational workshop includes sacred rituals, mask-making, and sharing in a maiden-mother-crone council gathering. A closing Croning ceremony honors our wisdom and welcomes us into sisterhood with other wise women. Space limited to ten women. $175. Call Cheryl Baker at 480–4090 or Elizabeth Younger at 665–8793.

The Mind/Body/Spirit Connection with Ann Schoonmaker • Thursdays, 10:00 a.m.–Noon • Ongoing interfaith discussion group for women focusing upon current books and tapes in the field, such as titles by Chopra, Kabat-Zinn, Myss, Salzberg, and Williamson. New members welcome. Phone regarding current topic. $1 donation per person for space. Call 761–9044.

Women's Empowerment Through Spiritual Growth with Dale Crayne • Tuesdays, April 21–May 26, 6:00–8:00 p.m. • Empower yourself by applying spiritual principles to everyday life. Join us for group discussion, meditation, and self-awareness exercises in a supportive setting. $60–$120 sliding scale. Call Soundings: Center for Women at 973–7723.

Speaking Our Own Truth: Women's Voices Within the Christian Tradition with Anneliese Sinnott • July 31 at 7:00 p.m. through August 2 at 4:30 p.m. • Explore the impact of women's voices on contemporary theological thought. Listen to these voices and seek to integrate learnings with your own experience as a woman standing in the Christian tradition. Because of the intensive weekend format, participants are asked to do reading in advance. A suggested bibliography will be sent upon registration. $150 includes a $75 deposit. Call Weber Center at 517–266–4000.

Praying with Images: Creative Retreat for Women with Meinrad Craighead • July 26 at 7:00 p.m. through July 30 at Noon • Reflect upon mythological and archetypal imagery, do creative art work under the guidance of the artist, and participate in ritual. In the process of hands-on making, your story symbols will emerge. No artistic skill is required, though artists are welcome to participate. $425 includes a $100 deposit. Call Weber Center at 517–266–4000.

Iseum of the Winged Spirit with Isistar • Tuesday, 7:30–9:30 p.m. • The Temple is a sacred place where all followers and seekers may converge to share their love, knowledge, and devotion to the Goddess in her many aspects. It is here that we will truly set our hearts, minds, and spirits free. Free. Call Isistar at 528–0385.

Work & Right Livelihood

A Spiritual Director for Healers with Jonathan Ellis • May 26, 8:00 p.m. • This free presentation is for healers who want to explore how monthly meetings with a spiritual director can help you keep centered in your healing work. Jonathan Ellis currently works with body workers, nurses, doctors, psychotherapists, chaplains, Reiki practitioners, artists, dancers, social workers, educators, consultants, acupuncturists, spirit healers, medical students, hospital staff, and Bach flower practitioners – healers of all kinds. He will describe how individual monthly meetings with him can commit you to stepping back regularly, looking at your work from a spiritual perspective, and focusing your intention for the period ahead. Free. Call Jonathan Ellis at 668–6672.

Job Club for Women with Anne Benedict • Tuesdays, 9:30–10:30 a.m. • Meet with other active job seekers as you network your way to hidden job leads and gather support during your transition. Drop-in group; call to confirm. $5. Call Soundings: Center for Women at 973–7723.

Athena: A Monthly Mentoring Group for Women with Anne Benedict • Fourth Monday of each month, 7:00–9:00 p.m. • A group for women who want to share ideas and support for building a career. Based on a new kind of mentoring where everyone is both "mentor" and "mentee." Group members will choose discussion topics related to their goals. Free. Call Soundings: Center for Women at 973–7723.

Mega-Networking Career Night with Anne Benedict • May 13, 6:30–8:30 p.m. • Back by popular demand! Expand your network with women in various careers. Come prepared with questions and leave with valuable information about career paths, industry trends, and employment. Free. Call Soundings: Center for Women at 973–7723.

Yoga

Yoga Classes through Inward Bound Yoga Program with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith, and Jonathan Tyman • Five levels of Hatha Yoga classes and Postures to Sacred Music Class meet on an eight-week schedule. Spring Session: April–May; Summer Session: June–July. Cost is $60 per eight-week session or $52 if taken with another class through Inward Bound. For brochure, call Barb Linderman at 971–8562.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15–10:00 a.m. • Drop-in class. $8. Call Barb Linderman at 971–8562.

Wake Up Yoga to Music through Inward Bound Yoga Program with Barb Linderman • Wednesdays, 7:30–8:30 a.m. • Drop-in class. $5. Call Barb Linderman at 971–8562.

Yoga: Mixed Level Class Suited for Beginners with Ema Stefanova • Ongoing Sundays at 5:00 p.m., Tuesdays at 7:15 a.m. and Noon, Thursdays at 8:00 p.m. • Postures, breathing, relaxation, and beginning meditation is the focus of this class. Students welcome to work toward individual programs to meet their special needs. $119 for ten sessions. Call Ema Stefanova at 665–7801.

Concentration: The Yoga Way with Ema Stefanova • June 14, 11:00 a.m. • A few simple concentration practices will be introduced along with deep relaxation principles. Relaxation is a prerequisite for concentration in yoga and meditation. This relationship will be brought to you to experience. Call Ema Stefanova at 665–7801.

Learn How To Teach Yoga with Ema Stefanova • Ongoing beginning May 25 • Learn the principles of how yoga works – simple postures, breath awareness, relaxation, and meditation, and share it with your friends, relatives, and others. Call Ema Stefanova at 665–7801.

Yoga Nidra: Relax and Renew with Ema Stefanova • Every third weekend, May–August • Relax and renew through this age-old practice simplified for westerners, yet as powerful as it can be. It is beneficial for insomnia, anxiety, depression, and other ailments of the dynamic modern age we live in. Call Ema Stefanova at 665–7801.

Yoga for Kids and Parents with Ema Stefanova • Ongoing Saturdays, 2:00 p.m. • See listing under Children & Young Adults.

Yoga for Young Adults with Ema Stefanova • Date and time to be announced • See listing under Children & Young Adults.

Bhakti Yoga with practitioners from Bhakti Yoga Center in Detroit • Wednesdays, 5:00–7:00 p.m. • We meet weekly to engage in mantra meditation, philosophical discourse, and a free vegetarian dinner. There are no prerequisites and everyone is welcome. Free. Call Lauren at 332–9620.

Yoga From the Inside with Suzanne Willets Brooks • Eight Saturdays, May 2–June 20, 9:00–10:30 a.m. • In this class, we will explore yoga with a gentle approach. Using imagery, breath, and kindness, we will find the impulse of a pose and move toward it. Whether you're advanced or beginning, you will find this class to be at your level. $40–$60. Call 482–2607.

Gentle Yoga and Meditation with Diane Stevens • Tuesdays, June 2–July 7, 6:45–8:45 p.m. • Gentle and slow, simple and pleasant stretches and a special series of "joints and glands" exercises balanced with deep, diaphragmatic breathing and meditation. Recommended for all ages and persons suffering from arthritis, rheumatism, stiffness, and stress. This yoga practice is a safe way of getting started on the path to better health. $66. Call 487–3288.

Iyengar Style Beginning Yoga Class with David Rosenberg • Various sessions offered: Sundays, April 27–June 21, 2:15–3:45 p.m.; Thursdays, April 27–June 21, 4:00–5:30 p.m.; Sundays, June 29–August 23, 2:15–3:45 p.m.; Thursdays, June 29–August 23, 4:00–5:30 p.m. • Using beginning yoga poses and techniques, we stretch, strengthen, and align body and mind. Yoga is great in helping back pain, mental stress, and increasing flexibility. $61. Call David Rosenberg at 662–6282.

Iyengar Style Intermediate Yoga Class with David Rosenberg • Sundays, April 27–June 21 and June 29–August 23, 12:30–2:00 p.m. • $61. Call David Rosenberg at 662–6282.

As can be seen in the accompanying photos, the yoga teachers of Inward Bound are an energetic, lithe and attractive bunch. Inward Bound's program director, **Barbara Linderman**, has been practicing yoga since 1961, and teaching yoga since 1967. Linderman, soft-spoken and peaceful, is a skillful and accomplished yoga teacher, known for nurturing her students and moving them forward. The other Inward Bound yoga instructors are: **Cathy King**, who runs the Frog Holler Organic Farm with her husband, Ken; **Lynette Smith**, who works as a dental hygienist and also as a yoga therapist (yoga as a psychotherapeutic technique); **Jonathan Tyman**, who is a film and video producer; and **Martha Laatsch**, who is a social worker. Inward Bound offers five levels of Hatha Yoga classes, as well as Astanga Yoga, Postures to Sacred Music, and Yoga Dance Workshops.

Photography by Linda Lawson

Pictured from left to right: Jonathan Tyman, Lynette Smith, Barbara Linderman, Cathy King and Martha Laatsch.

Workshop Leaders,

Acala is a Tantric Master of the Nyingma Lineage of Vajrayana Buddhism.

Ajan Amaro was ordained 20 years ago by Ajan Cha, the famed Thai Forest meditation master. He heads a traditional monastery in California and teaches at Split Rock.

Michael Andes, MSW has been a therapist and teacher for over 25 years. He stresses the importance of the natural environment as a vehicle for healing of all kinds.

Ann Arbor Center for Holistic Health and Traditional Wisdom is a brand-new foundation dedicated to educational excellence through diversity. One of the goals of the Center is to provide comprehensive professional training and qualification for certification to individuals who would like to work in the emerging professions of holistic health care and bodywork.

Astrology Study Group is an informal gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco and Ann Arbor for 13 years. He has also studied craniosacral therapy. His work has also been informed and influenced by five years of training in Bodynamics, a body-oriented psychotherapy originated and taught by Lisbeth Marcher and others in the Bodynamics Institute of Copenhagen, Denmark.

Cheryl Baker, MA is a personal and organizational development coach. She helps individuals and companies discover, articulate and live their true life purpose. She is co-president of HUMAX, a management and consulting firm. She has developed the *FutureSelf* program to help people discover their own 'personal compass'.

Jean Louise Balliet began her contact improvisation dance in the early 1980's during the brief time it flourished in Ann Arbor. An avowed generalist, she has researched and practiced creative disciplines including cranial-sacral bodywork, various stringed instruments and flutes, ceramics, yoga, internal martial arts, and landscape design/build.

Judith Banker, MA is the founding director of the Center for Eating Disorders and the owner/director of The Therapy Center of Ann Arbor. She has over 20 years of clinical and training experience in the field of eating disorders and obesity/weight loss.

Barbara Barth has studied a variety of religious philosophies and meditational practices over the last 25 years. She is a Reiki Master, Seichim Reiki Master and Healing Touch practitioner. Her background includes Behavioral and Nutritional Kinesiology, Lightbody Alignment and Shamanism.

Anne Benedict, BA is Soundings' Director and Career Coach. She draws on 10 years of coaching and teaching in career development, and 25 years of active involvement with women's issues.

Patricia Benson, OP, Ph.D., is associate director of Weber Center. She has a strong personal commitment to "consciousness-raising on behalf of God's magnificent creation."

Jill Blixt is a creativity coach, motivational speaker and working writer/artist. She has spent 30 years as a 'professional creative' in advertising and the visual arts. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Blough, MA, LLP is a therapist in private practice in Ann Arbor, with 10 years experience. She has received extensive training in Group and Family Therapy from the Southeast Institute in Chapel Hill, N.C. She uses an integrative approach.

Mark Blough, MA, LLP has a Masters Degree in Clinical and Humanistic Psychology. He has extensive training in Group Process, Redecision Therapy, Transactional Analysis, Personality Adaptations and Disorders. He conducts therapy with individuals, families and groups in his private practice in Ann Arbor.

Eileen Bond is a Licensed Clinical Social Worker with over 20 years of experience doing psychotherapy and facilitating groups.

Melissa Bratcher is a senior student of Tibetan Buddhism. She studies under Khenpo Karthar Rinpoche, a leading master of the Kagyu Lineage of Tibetan Buddhism. She is the director of the Ann Arbor Karma Thegsum Choling Tibetan Buddhist Center.

Patty Brennan is a midwife and health educator with 16 years experience working with pregnant women and their families. She is the author of *Guide to Homeopathic Remedies for the Birth Bag* and producer of the birth video *Trusting Nature: Today's Traditional Midwife.*

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks is a professional performer and dancer. Her background includes training in emotional/physical integrative massage and bodywork, as well as a degree in Education from E.M.U. She is also a longtime student of Yoga. She has been blending the arts of teaching, performing and healing for most of her working life. Her goal is "to help reenchant our creative selves."

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. Her current workshop emphasis is on unconditional love and opening the heart space. She also maintains a hypnosis and spiritual counseling practice.

Andrew Buesser is a carpenter. He is the co-founder of Wild Heart, which offers classes in wilderness living, awareness, and philosophy.

Nick Bunick is the author of *The Messengers.*

Sandra Bunnell is a jewelry and clothing designer, public relations consultant and psychic.

Alice Pauline Cart is a Nutritional Consultant and Touch for Health practitioner with 39 years of practice.

Kapila Castoldi has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over ten years. For the past seven years she has lectured on meditation and spiritual practice throughout the Midwest. She is the director of the Sri Chinmoy Centre of Ann Arbor.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 12 years. For the past eight years she has lectured on meditation and spiritual practice throughout the Midwest and, more recently, in Ontario. She is coordinator for Michigan of the Oneness Home Peace Run, a biennial relay run that carries the torch of Peace throughout communities in the U.S., and of Team Peace, a program that takes the Peace Run to elementary schools.

Victoria Cendrowski has a masters degree in Exercise Physiology and was trained by the Professional Associates in Childbirth Education. She has over 20 years of teaching experience.

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's Bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Susan Chastain is the owner of Massageworks, and a Nationally Certified member of the American Massage Therapy Association.

William C.C. Chen, Grand Master, is recognized throughout the U.S., Europe and Asia as one of the most skillful martial artists and innovative instructors of Tai Chi Chuan. He began his Tai Chi studies in Taiwan in 1949. During the 1950's he gained recognition as a successful full-contact fighter. Promoting Tai Chi for health, meditation and self-defense, he maintains his own studio in New York City.

Gurudev Shree Chitnabhanu is a Jain monk, philosopher and teacher.

Patrick Collins, Ph.D., is a priest of the Archdiocese of Chicago. He has been the Margaret and Thomas Murray Professor of Catholic Thought at the University of Toledo for the past three years. With two degrees in music, Father Collins has presented retreats, workshops, and spiritual concerts around the United States.

Sandi Cooper, MSW, CSW is Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor.

Therese Craig, OP, Ph.D., is a practicing spiritual director and workshop leader at Weber Center. She has led journal workshops and retreats in both the U.S. and Canada for 17 years.

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Teachers, and the Centers

Meinrad Craighead has lived most of her adult life in Europe, including 14 years in an English Benedictine monastery. Since 1983 she has lived in the U.S., having settled in New Mexico. Her published works include *The Mother's Songs*, *The Litany of the Great River*, and *The Sacred Marriage Portfolio*.

Dale Crayne, MA has been a teacher and consultant for 20 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Hermitage is a dharma center of the Nyingma non-monastic tradition.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Dava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, to Paradigm Center for the Arts, to its present model, Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. For the last ten years, she has pursued movement as therapy.

Nancy Dougherty, ACSW is a Jungian analyst in private practice in Birmingham, Michigan. She is a graduate of the C.G.Jung Institute of Chicago, and is currently on the teaching faculty there.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness or disability such as arthritis, lupus, MS, Irritable Bowel Syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She also has lived with chronic illness for 14 years.

Jonathan Ellis is a spiritual director who meets monthly with individuals to reflect on the spiritual path of their own choosing. A true renaissance man and raconteur, his wide background includes having been a co-owner of Crazy Wisdom Bookstore, an aide to several U.S. Senators, program director at the U-M Canterbury House, staff counselor at the Nantahala Outdoor Center, a teacher and trance reader at the Cassadaga Spiritualist community, and a contributing editor for Deepak Chopra.

Mateyo Empie has studied with many nationally and internationally known teachers. She has practiced Inka shamanism, psychic reading, European and American ritual forms, and several energetic healing modalities for over 30 years. "In this world, the plant and stone people continue to be among my most important advisors."

Clarissa Pinkola Estes is the author of the international bestseller, *Women Who Run With the Wolves*. She is a poet, scholar, and certified Jungian psychoanalyst of 27 years.

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System, offering training for all levels of Reiki. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for the healing quality of their audio meditations. Kim is also a Certified Myomassologist.

Charlie Feigel is a Reiki practitioner and energy healer who has studied Therapeutic Touch, massage, spiritual exploration. He is also a Melchizedek priest.

John Morris publishes a monthly newsletter, ***The Seeker***, and he's a well-known pagan about town. A few issues back, we ran a photo of John, which came out too dark, so here's another one of him, standing beside a tree.

Linda Diane Feldt, RPP, NCTMB, NC is an experienced Holistic Health Practitioner, now in her 18th year of full-time private practice. She is a board member of The National Certification Board for Therapeutic Massage and Bodywork, Treasurer of the Board of Directors of The American Polarity Therapy Association, and founder and coordinator for the non-profit Ann Arbor Center for Holistic Health and Traditional Wisdom.

Feng Shui Institute is the first national professional organization formed for the purpose of establishing standards of excellence, disseminating information and training professionals in the person/place connection.

Paul Ferrini is the author of *Love Without Conditions*, and 15 other books on love, healing and spirituality.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

John Friedlander is a nationally recognized psychic teacher, author and channeler. He co-authored The Practical Psychic, and is finishing another book due out in 1999. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade. He is married and lives in the Ann Arbor area.

Carol A. Gall is the founder of The Touch of Grace™. She has worked with hands-on healing for over 20 years as well as doing counseling, teaching piano and special education.

Brownwen Gates, Ph.D., works with individuals and groups as a spiritual teacher and healer, and offers a variety of classes in the community on healing with plants and self healing. Her formal training includes a Ph.D. in Botany, over 20 years of teaching at the College and University level, and more than 12 years as an holistic practitioner.

Norma Gentile, MM is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her passion is to translate music from the inaudible realms into the physical world for healing purposes. Ms. Gentile has recorded two CD's of chant by Hildegard (available at Crazy Wisdom) and maintains a private voice and auric healing practice in Ann Arbor.

Nanci Rose Gerler is a psychic, medium, channel and intuitive counselor and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Practical Psychic Center of Ann Arbor.

Lisa Gottlieb is a massage therapist with 12 years experience. She is a certified Infant Massage Instructor with the International Association of Infant Massage.

Michael "Chikuzen" Gould studied Shakuhachi for 15 years in Japan under Master Taniguchi Yoshinobu. He attained rank of Grand Master Kinko-Ryu Shakuhachi.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

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A former co-owner of Crazy Wisdom, Jonathan Ellis has a broad practice as a spiritual coach that currently includes body workers, nurses, doctors, psychotherapists, chaplains, Reiki masters, artists, dancers, social workers, educators, consultants, acupuncturists, spirit healers, med students, hospital staff, and flower practitioners.

Jonathan will describe how individual monthly sessions with him can allow you to step back, look at your work from a spiritual perspective, and focus your intention. Call (734) 668-6672 for more information & the downtown Ann Arbor meeting location for this free introductory group session. You may also arrange an individual inquiry session at some different time before May 26th if you prefer.

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Workshop Leaders, Teachers, and the Centers (continued)

John Gutoskey is a Registered Polarity Practitioner and bodyworker at Complete Chiropractic and Massage Therapy in Ann Arbor.

Susan H. Hajec helps people find the extra-ordinary story in their ordinary life experience. She is co-editor and writer for the Diocese of Kalamazoo newspaper. She is a Michigan representative for the International Women's Writing Guild.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity Therapist, and is the National Training Director of the Belavi Institute for Facial Massage. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Isistar is a student of Egyptology. She brings an extensive background in the Egyptian pantheons, as well as in the Gods and Goddesses of many other traditions.

Nancy Jeruzal is a an apprentice to Shaman Wisdom Teacher Winged Wolf. She also works as a Speech/ Language Pathologist.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Jennifer Johnson, MA, C.H.T., is a Feng Shui consultant and instructor, a Reiki Master, a Reflexologist, and a Jen Shen Jytso Practitioner. Her Feng Shui practice incorporates her past experiences in business consulting, spiritual counseling, and real estate. She is also an ordained minister.

Shacha Kali is a designer, teacher and artist of "a two dimensional sort". Her purpose is to guide people into creative expression and self-reflection.

Khepa is an American-born Tantric Master who teaches at the Crazy Cloud Hermitage. Khepa offers the powerful practices and skillful means of the great Tantric lineage of Padmasambhava.

John Kilis received his Master's training in the Usui and Tibetan system of Reiki healing in 1986. He began teaching at the Rainbow Gathering in Oregon in 1987. He has studied a variety of healing techniques and spiritual disciplines, and has taught on a diverse range of topics.

Joshua and Ariana King are Kriya Yoga Sadhaks (Initiates) with Babaji's Kriya Yoga Ashram in Quebec, Canada, and the Temple of Kriya Yoga in Chicago. They are also disciples of Shri Anandi Ma, having received Shaktipat initiation in Kundalini Maha Yoga.

Cathy King is a Yoga instructor associated with the Inward Bound Yoga Program.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for over 18 years. She is featured frequently on TV, radio and in the Detroit News.

Arlene Kosmatka, OP has more than a decade of retreat and spiritual direction experience. Her previous research and thesis "Is Everyone Called to be a Mystic" has led her to give retreats on 20th century mystics. She has made a commitment to "introducing 20th century mystics to ordinary persons willing to pursue this quest in their own lives".

Pat Kramer is a midwife and OB/GYN nurse practioner with 20 years experience. She specializes in homebirth, infertility and women's health care. Healing modalities that Pat employs include nutritional counseling, herbs, homeopathy, essential oils, cranial-sacral therapy, and visceral manipulation.

Lynne Lande, MSW, DCSW is a clinical social worker who has been involved with Soundings since 1982. She is the originator of the Divorce & Beyond program and has led many divorce recovery support groups. She believes in women working together to develop strength and courage to move ahead with their lives.

Carole Lapidos, MSW is co-founder *of Raising Strong and Confident Daughters.* She has 13 years experience as a social worker with families and older adults. She has extensive experience in community program planning and implementation.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Matt Linke is Program Associate at the Exhibit Museum of Natural History.

Laura Massaro, MA facilitates *The Artist's Way, The Vein of Gold* and *Songwriting—A Path to Self-Discovery and Healing.* She also teaches music, drama and movement to children. For 20 years, her emphasis has been on transformation and healing through music and the arts, for children and adults.

Sue Webster McDonald, ACSW is a therapist and artist. She is an experienced *Artist's Way* and *Vein of Gold* facilitator.

Anita McKay is a visual psychic with a degree in fine arts, who specializes in personal aura drawings. She works with individuals to further their psychic development and uses energy techniques to facilitate healing.

Lynn Meadows, MA is a Feng Shui consultant and instructor.

Majida and Siddiq Middlebrooks have been students of Sufism and the Dances of Universal Peace for 15 years.

Jim Miller is the Director of Willow Winds.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei under Gao Dao Shan from 1978-1979 and also at the Adam Hsu Kung Fu School in San Franciso from 1979-1991. He established the Great Lakes Wushu in 1992.

Arnold Mindell, Ph.D., and Amy Mindell – Arnold Mindell was a training analyst at the Jungian Institute in Zurich, Switzerland. The Mindells founded the Process-oriented Psychology Center, and have been scholars-in-residence at the Esalen Institute. They are the authors of several books.

Brenda Morgan, Ph.D. has a 25 year background as a metaphysical healer and teacher, professor, spiritual guide and mentor. She is presently writing a book entitled: *Onward Through the Fog: Guideposts for Navigating Life.*

John Morris, Mdiv, Ph.D., has been a professional philosopher and minister. He leads a number of local classes and other activities. He publishes a monthly newsletter, *The Seeker.*

Mulberry Farm was established to promote community and hold sacred the spiritual path of those who come for healings and teachings. "All paths of those who come with an open and loving heart are honored."

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Patrick Munson, MD is an emergency room physician in Chelsea, a sculptor, and co-founder of Wild Heart, which offers classes in wilderness living, awareness, and philosophy.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

Janet Nagy,RN, BSN, MPH is Director of the Midwest Academy for Healing Academy. She has studied with Barbara Brennan and Caroline Myss. The Academy's offering, Integra, is an "outpicturing" of her philosophy, her studies with many teachers, and her healing skills.

Jesse Nichols has a performance degree in Music, is a Certified Feldenkrais Practitioner, and is a 4th Black Belt in Aikido.

Lucinda Orwoll, Ph.D., is a licensed clinical psychologist who practices holistic psychotherapy with children and adults.

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Phyllis Perry, MSW, MFA (in Screenwriting) is the founder of New Options Counseling, a clinical social worker and a writer. She specializes in careers, education, relationships and relocation. She also works with creative self-expression and journal writing.

Ann Petrou, D.C., is a local chiropractor. She focuses on promoting natural healthcare classes and restoring the body's self-regulating mechanisms. She teaches Hatha Yoga at the U of M and at her office in Ann Arbor.

Cyndi Power, a practicing shaman for 25 years, has lived and worked with shamans and spiritual teachers from many countries. She practices Shamanic Healing, Reiki, and Hawaiian Sacred Temple bodywork in the Detroit metropolitan area. She is also a certified hypnotherapist specializing in past-life regression.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Jesse Richards is a performing and recording artist, the former Artistic Director of Sister Earth, and the current Artistic Director of Hundredth Monkey—Performing Arts Ensemble. She has been teaching vocal and dance workshops nationally for 16 years.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama. He is the founder of the Jewel Heart Tibetan Buddhist community, and he has graced the Ann Arbor area with his presence now for a number of years.

Michele Rivette, MSW is a psychotherapist in private practice in Ann Arbor, and an adjunct faculty member at the U-M School of Social Work. She is affiliated with the Coping Studies Research Program in the U-M Departments of Psychiatry and Psychology. She has 8 years of experience in working with crisis intervention, trauma, sexual abuse, eating disorders and adjustment to major life changes and loss.

Phil Rogers taught meditation for 13 years before becoming involved in Shamanism in 1983. He completed a 4 year course of study qualifying him to train others in the lineage of the Andean path. He is also a poet, composer, singer, dancer and drummer.

Aviva Jill Romm is a Certified Professional Midwife, and a professional member of the American Herbalists Guild. She is the author of *Natural Healing for Babies and Children, The Natural Pregnancy Book,* and the *Pocket Guide to Midwifery Care.* She is in practice in Bloomfield Hills.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. Not too long ago he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Thais Rousseau has been teaching the Bradley Method of Childbirth for 2 years.

Renee Rutz is a Registered Polarity Practitioner and bodyworker at Complete Chiropractic and Massage Therapy in Ann Arbor.

Ann Schoonmaker, Ph.D., is a retired psychotherapist and teacher. She is the author of three books, including *Every Woman's Journey to Her Self.*

O. Andrew Schreiber, a percussionist for 25 years, has been absorbing "World Rhythms" since childhood. Most recently, he has been seen performing with 'Repercussions', the 'Sacred Song' singers, and Suzanne Willets-Brooks.

Sara Schreiber, PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling..

Michelle Seger is the creator of the National Center for Women and Wellness.

Jewel Shelden is a professional psychic counselor, certified hypnotherapist, Reiki Master, ordained minister, author, teacher and lecturer. She specializes in past life regression and dermatoglyphic research.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Anneliese Sinnott, OP, Ph.D., is academic dean at Ecumenical Theological Seminary, and is associate director of the Pastoral Ministry Program at Marygrove College. She has committed herself to ecumenical dialogue and to the inclusion of global voices in the search for truth.

Judy Smith is a 4th year apprentice to Shaman Wisdom teacher Winged Wolf.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience. He is also a registered social worker with 15 years experience in crisis intervention.

Judy Stone is the director of Feeding Your Whole Self™ and is a Bioenergetic Therapist.

Leah Song, MA, LLP has extensive experience in both bodywork and psychotherapy. Her training in Hakomi and Process-Oriented Psychotherapy are the basis for her work.

Lynne Spencer has been a Registered Nurse since 1983, and a Healing Touch Therapist since 1995.

Paula and John Steele are Traditional Reiki Masters, teaching and practicing since 1992. Both are involved in "the healing of others and of the planet." "Integrity, humor and compassion" are at the core of their teaching.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She has been in the Ann Arbor area for 8 years.

Diane Stevens' background includes public, Montessori and Waldorf Education, Educational Kinesiology, therapeutic massage, Reiki and MariEl healing, Ohashi Shiatsu, diet and nutrition, Ayurveda, vegetarian cooking and Yoga Science.

Judy Stone, MSW, the director of Feeding Your Whole Self™, has "spent the last 20 years trying to create a life in which she is happy to greet each monrning or at least most of them. Reasonably successful at it, she loves sharing what she's learned about understanding and using the body as a compass for living. Combining Bioenergetic psychotherapy, nutrition and a whole person concept of health and living, Judy offers individual consultations, therapy, classes and workshops."

Tom Thomas has been giving individual psychic readings for 12 years.

Mary Tillinghast has been manager of Castle Remedies for 14 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has also worked with Dr. Ed Linkner as a medical assistant, and under his guidance has had hands-on training in the use of homeopathic medications.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Marcia Vincent has studied with Dawn Hayman, the only associate of **Animal Talk** author Penelope Smith. She owns an heritage livestock farm, which has horses, sheep, chickens and dogs. She is certified in equine and canine massage.

Cam Vozar, MSW, CSW, LMFT is a therapist with over 20 years experience providing individual, family and group therapy. He is also a certified Level II EMDR therapist.

Nancy Warren, MA, LLP, CMT is a psychotherapist and bodywork practitioner. She studied the Personality Enneagram under the guidance of Dr. Claudio Naranjo, in Berkeley, California, and has used it extensively in her work.

Ellen Elliot Weatherbee is the co-author of *Edible Wild Plants: A Guide to Collecting and Coding.*

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Khaalid ibn Waleed has over 25 years of experience in the arts and in various ethnic cultures of southeast Asia.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 17 years of experience in the healing arts including 10 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past four years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Bronwen Wildflower's formal training includes a Ph.D. in Botany, more than 20 years of teaching at the College and University level, and 12 years of working as an holistic teacher/healer. She now works full time as a spiritual teacher/healer, a translator between worlds, and as a spiritual midwife.

Sally Wisotzey, MSW, co-founder *of Raising Strong and Confident Daughters,* is a psychotherapist specializing in issues of adolescence, as well as issues of grief and loss. She has 22 years experience working with families, teens and parents, and schools.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. Her unique approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is currently a leader in the Great Lakes Pathwork community. She is also a musician and a mother.

Sandra Xenakis is a psychic and jewelry designer.

Isabelle Yingling, MLS has been teaching group and private classes in the Bradley Method for 10 years. She has served as a labor assistant for about two dozen births over that same period of time. She is the mother of five, and has a Masters Degree in Women's Studies.

Jon Young is the Director of the Wilderness Awareness School in Washington State. He was mentored by Tom Brown, Jr., in his youth.

Wasentha Young, Master, is the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970, and was certified as an instructor by Grandmaster William C.C. Chen in 1974. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Application, Chi Kung, and Meditation. She is also a certified Acupressure Technician.

Elizabeth (Betty) Younger, MSW is a psychotherapist who has taught *Create Your Life* workshops locally for the past 8 years after receiving certification from Robert Fritz, founder of Technologies for Creating. Using these skills in her own life, she developed Creating Results, a business offering consultation and workshops on the creative process. She also co-leads the weekend workshop, *Gates of the Feminine Soul — Maiden, Mother and Crone.*

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

One Evening in the Life of a Mediator Parent

By Brady Mikusko

When people discover that I am a mediator, most are shocked and say something like "My goodness! How in the heck can you do that kind of work? You mean, you get right in the middle of two people divorcing and deal with all that anger and hurt ?" _..And I usually agree that it is hard work. But what I don't say is that there are many days when I'd rather be right in the middle of somebody else's fight than in the middle of my own.

Take one night last fall , for example. My son, a 14-year old high school student, whose communication style is very different from mine —he talks in monosyllables and I don't — told me that soccer practice was over at 5:15 p.m. and it was my turn to pick up. It was raining that day and, being a non-sports-type person, I arrived a little early (5:05p.m.) because I figured the coach would let them go home early. After all, who wants to play soccer in the rain, I reasoned. So I arrived *sans* books or bills to pay or anything else to do for that matter..

Twenty-five minutes later, I was fuming. I had dinner to make, a class to attend at 7:00 p.m. and furthermore, does the coach think I have all day to sit around and wait? Doesn't the coach have a watch? And the internal dialogue got worse and worse.

Finally my son arrived with his friends and I made some caustic remark, to which my son replied: "Don't make a scene, mom." Being an adult, I waited to make my scene.

Friends driven home, not yet in the driveway of our house, I began my tirade. This tirade was made worse by the fact that my son confessed that practice really wasn't over until 5:30 p.m. He had gotten it wrong. He asked me to "let it go" and I wouldn't. He reminded me that "it was not the end of the world" but I just went on and on and he left the dinner table hurt and angry, the rest of the family felt horrible, and I left for class late, unrelenting in my position that I was right and justified in my anger.

Three hours later, I began to remember some of what I have learned as a mediator.

1. **Attachment to a position can get you nowhere.**
2. **Find out what everyone's needs are. (For example, I have a need to know the right times for pick up. We could have worked out that issue rather than fight unproductively.)**
3. **Self-righteousness is a lonely place to be and destroys relationship.**
4. **Focusing on the larger picture can sometimes move us out of the conflict. In other words, if I could have remembered how much I simply love my son, how thankful I am that he is in my life, how thankful I am that he is able to play sports, and how very thankful I am that he has good friends, I could have transformed that irritating wait into a moment of fullness.**

The next morning, I was on-duty for the car pool to Pioneer. As I picked up each boy, I sipped my coffee, and watched them through the rear-view mirror. I listened to their early morning banter, and in the early morning hours, on Stadium, an even greater learning emerged.

The end to the story? After my class, I sadly and slowly walked up to his room and told him I had behaved badly and asked him to forgive me. He asked me why I had gone on and on. I didn't have a good answer. He said he forgave me and I guess I have to believe he did. And after some time, the length of which I won't reveal, I forgave myself.

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Randy, at 517-769-2695

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The Crazy Wisdom Interview~Khepa and Acala of Crazy Cloud Hermitage on Tantric Buddhism

Photography by Linda Lawson and Ruth Schekter

Photo by Linda Lawson

Crazy Cloud Hermitage is a Tantric Buddhist community and retreat center located in a farm-house compound on West Liberty, a few miles west of Zeeb Road. In the few years since its founding, the community has grown to include more than 50 members. The center was founded by Katie and Stuart Kirkpatrick, American-born Buddhists, and the Kirkpatricks are the resident spiritual teachers.

Katie (who goes by the name Acala) and Stuart (who goes by the name Khepa) are an engaging and articulate couple. Each is a person of strong opinions. Khepa is outgoing, almost happy-go-lucky at times, a brilliant synthesizer of philosophical ideas and spiritual traditions, generous of heart, capable of mild bombast, someone that likes to hug. Acala (pronounced "a-CHA-la") is quieter and more sensitive, a nuanced conversationalist, a keen observer of people, an involved mom. They both can be very funny, very fierce.

I interviewed the Kirkpatricks at Crazy Cloud on a cold winter's day in February. Crazy Cloud now consists of four houses and a barn, a greenhouse and a small retreat house, set on about 15 acres. The main house includes a meditation room, and construction was about to begin to create a large Tantric shrine room within the main house. The driveway to the compound is lined with five-colored prayer flags, and there's also a prayer flag stupa in the backyard. Small devotional ponds and shrines dot the Scio farmland expanse. Chickens cluck to their hearts' content in the pasture.

Bill Zirinsky: Thank you both for being willing to do this interview.

Khepa: You're welcome.

BZ: I know you both well, and I'll be asking a bunch of questions which I may know the answers to, but the purpose of the interview is for our readers and for other people in the community. So would you tell me what Crazy Cloud Hermitage is and how it came to be?

Khepa: That's a good question. Crazy Cloud Hermitage is a sanctuary for teachings in the Nyingma lineage of Tantric Buddhism. We teach meditational practices and methods of what are called the "inner Tantras". One of the things that Acala and I both have increasingly wanted to begin emphasizing is that we are Buddhist specifically and we are Tantric Buddhist, which is one of the lineages of Buddhism, and we are of the Nyingma lineage within Tantra, and we teach what's called the Ngakpa (non-celibate, non-monastic) style of that.

I used to be less inclined to emphasize lineage names and that aspect is more of an unnecessary trapping compared with the essence of the teachings, but increasingly, I think one of the problems people often have in spiritual paths is they're not clear on what they're doing, and how it fits in the context of a whole path. And there ends up being a kind of "pick and mix" attitude of taking bits of different lineages and paths without understanding how they fit together into a coherent whole, because not all paths teach the same things or go to the same place or go there according to the same route. If you think about lineage names, they're like the latitude and longitude pointers on a map. If you have a map which is the terrain of our existence in the world, then what we teach actually is a certain path within that terrain.

Then the names Buddhist and Tantrica, the Tantric path of Buddhism, are like the latitude point and Nyingma lineage and the Ngakpa style are the longitude where they cross-sect, and that's where you would actually find our teaching. Someone could go to a store and find a book on this and they'd have some feeling of who we are.

Crazy Cloud is a center for the teachings of the inner Tantras of the Buddhist path. It's not a Christian teaching or a Jewish teaching or a Hindu teaching. It's not a mish-mash of different teachings. Specifically, we teach the Buddhist Dharma and we teach in a specific style of Tantric practice. And so that's what Crazy Cloud is. And how it came about is through Acala's and my deep desire to share a path which we found of immense benefit in our own lives, that we found so transformative in our own lives and the urge within oneself to communicate joy and compassion and live it out is really the how of it. Neither of us self-consciously or in a contrived manner set out to be teachers — people asked us about our path and about the practices we did, because they saw effects from those practices in our lives and we shared those practices with them.

BZ: Well, I remember conversations we had when the community first began. And I don't remember having such a precise sense of what the lineage was that you were teaching.

Khepa: There really was a much less precise communication of that in the beginning of our teaching. I and Acala both didn't really understand and feel the importance of precision of communication about the lineage and the actual form of the lineage. And somewhat naively, I believed that the teachings themselves were enough without having to get too trapped in the aspect of where the teachings come from, where they're from historically, what their historical context is. Locating the teachings in the historical stream has arisen from seeing that the more vague method isn't very beneficial to people.

BZ: Six or seven years ago, if you had articulated it, would you have articulated what you were doing within this same latitudinal and longitudinal spot?

Khepa: Absolutely. I mean we'd give talks about specific teachings or ways of approaching meditation without as much of what I then viewed as the trappings, but now I don't think they're trappings; I think they're the very body in which the life-spirit of the teaching takes place. The difference is not in that there's any different latitude and longitude locational point, it's that the difference is in the emphasis.

BZ: One gift that I've felt in what you have to teach, and what you have to elucidate, was your own integration of a lot of different spiritual traditions. You have knowledge of them and you have a sense of how they come together. Are you still pulling in to your teaching your knowledge and intellectual integration and experiential integration of some of the teachings of other traditions?

Khepa: It's a little different for Acala and me. I have lived in communities, Ashrams, Hermitages, of more different spiritual traditions. That was more part of my own personal search than I think it was Acala's. But she has much deeper contact with and understanding of different psychotherapeutic modalities than I do. That was an area that she explored a great deal more. Now I did serious Zen practice, I was seriously involved in Gurdjieff communities, I've lived in Sufi communities, a Rajneesh community, a variety of different modalities of practice. And I think that the answer is yes and no to your question, at least from my side, and Acala can answer it from her side. We don't take a little something from Sufism, and a little something from Zen, something from Tantra and try to mix it together to form a path. And to whatever degree we did that at all in the beginning of the teaching, we now don't.

Obviously, all the experiences I've ever had in my own spiritual search have gone into how I teach, so yes, in that sense. And there are things that affected me deeply that then I convey in the teaching, like the importance of relationship and community. Which are also aspects of the traditional Tantric Buddhist path, but are not perhaps characterized in the way Tantric Buddhism is being taught in our culture right now. Part of being more precise about the location latitude and longitude of the lineage is a moving away from mixing different paths. I think that the experience is really great for me as a teacher because it allows me to communicate with people from different paths in a more concrete manner, but each path is a complete and total whole in itself. It has a style, a flavor and a system. And the systems of different paths don't work together.

The Sufi path is based on axioms just like geometry. In a sense, we could say the Sufi path is like Euclidean geometry and based on a certain set of axioms and propositions on which all the theorems are based. And the Tantric path is based on the axioms of non-Euclidean geometry. They may both teach us tremendously important things about the universe and how we live in it, but the axioms are so different. On the Sufi path and the Christian path and the Jewish path, one of the fundamental axioms is God. And on the Buddhist path, one of the fundamental axioms is no god. One of the fundamental axioms of all the theistic paths of the god is self, and one of the Buddhist axioms is no self. Everything was characterized by emptiness and so you can't — if you try to mix systems that are based on a theistic model versus systems based on a non-theistic model, you end up getting into serious problems because they don't work.

Acala: And yet, there's something really valuable, especially about your in-depth understanding of all these different paths, which is that it's very rare for a student to show up here not having encountered and incorporated the beliefs of some other system. And so unless we fully understand that system and we really elucidate for them what the difference is between Tantra and the system they've been practicing, then inherently what they try to do is fit Tantra into their previous understanding of some other system. And they can't really approach

Tantra until they can understand how not to do that. So if we didn't understand the path that they practiced and what the axioms of that path were, we would have no way of explaining to them why those axioms do not apply in the Tantric system.

Khepa: So that they can then make a choice based on the understanding of the differences. Pema Chodron, the Buddhist teacher, who was one of Trungpa's Dharma heirs, and wrote *Start Where You Are* and *When Things Fall Apart*, has a phrase for this, it's called "stick to one boat." If you're going across the ocean in a boat, if you keep deciding to change boats, you've got to go back to shore, change boats, take a different boat. There's a really important period where people shop around. It's like relationships — it's probably not a great idea to marry the first person you go on a date with. It's good to shop around a little, get to know different kinds of people and find a person that fits well for you. But it also is a sad thing when people never stop shopping around, don't settle down and enter into the intimacy that can only develop in a long-term committed relationship. And the same on a spiritual path — when people come to us they're usually in a shopping phase. They've done a little shopping over at the Zen place, and at the Sufi place, and the Hasidic place, and read a little of this and read a little of that. And so they come to us in that shopping phase, and we present them the teachings, say OK, here's the teachings, here's how they're different from other teachings. You've got to choose a path and then stick to that path so you can have the integrity that comes with the long-term practice of that path.

> **Acala**: To understand and practice and live the view of Tantra is a lifelong endeavor. It's not something that one can hope to do in a short period of time.

Acala: To understand and practice and live the view of Tantra is a lifelong endeavor. It's not something that one can hope to do in a short period of time. And to understand the view of Tantra takes so much of one's time and energy that it's hard for me to understand why someone who would make that commitment would want to understand the view of different paths. Does that make sense? I've just kind of lost interest in other paths. I know precisely what my path is and I live from the point of view of that path. I bring every aspect of my life into that path. I can fully understand that other people could choose a different path and live from the point of that path, and I respect their right to do that. But it's not the choice I make with my life.

Khepa: And for them, that path may well be the best path. People ask us sometimes, "You think that all paths are equal, right?" And we say, "No. We think our path is best." If I thought some other path was better, I would be on that path. But we do think that the Tantric Buddhist path is the best path for realization of liberation in this lifetime.

Now someone who's following the Sufi path is obviously committing, their heart is in it, the path of their heart is going to think the Sufi path is best. In a kind of conceptual way, we can say they're all equal, but that's not what one feels; one feels the path that they follow is best. And I can certainly understand why someone else might be a Sufi and might seriously follow the Sufi path. That's a wonderful thing.

That doesn't even mean I don't have to think there are differences between the paths. I enjoy debate. I enjoy understanding the metaphysics and theory of different philosophical and religious systems. And I enjoy arguing them. I think non-theist paths, the non-theist path of Buddhism is more likely to lead one to liberation than the theist path because I think there are fundamental mistakes on the theist path — God and Self being two of them. Because neither one exists.

So, there's a problem as an axiom on the path. Now, I believe that, I love to argue about it with people; that doesn't mean I think someone should strive to want to convert Sufis to Buddhism or something, that I want to stop someone from being a Sufi or convert them from Sufism to Buddhism. But we feel this is the best path. That's why we follow this path. It's a wonderful path.

And it's good to know something about different paths so one doesn't have a rigid fundamentalist and provincial view of existence, and so that you can embrace difference; you can embrace diversity. But embracing diversity doesn't mean that we don't have strong opinions. It just means we don't kill each other over our strong opinions, and we can actually rejoice in arguing about our differences of opinion without thinking that we have to make the other person agree with our opinion.

So, in terms of the original question, I think that the big problem comes when we try to make Sufism be Tantric Buddhism, and Tantric Buddhism be just like Sufism. Because they're not really alike. One believes in God and Self, and one does not. These are pretty fundamental differences. Take Hasidism, the love of singing and dancing as part of communion with God; that's a wonderful thing. We use a lot of music and devotion and joy in our path which is in a way that may not be traditional, let's say, to Tibetan Tantric Buddhism, that it's a style of evolving American Tantric Buddhism. But it's not that we're trying to fit Hasidism into Tantric Buddhism; the theory and structure behind what we do with music as meditation is profoundly different than let's say what the Hasids are doing with music to meditation, though there's some real similarities as well.

Photo by Linda Lawson

BZ: Interesting. OK. Tell me something about this community. It looks to me that you have fifty or sixty or seventy people who are regularly part of your community. Tell me something about the actual evolution of the community.

Khepa: It started much smaller, and it's gotten bigger.

BZ: It started a lot smaller, and it got bigger. And how long ago did it start?

Acala: Almost eight years.

BZ: And how many years since this farm, since you bought the farm?

Khepa: Six years. Acala ran a pre-school over on Huron street for a few years. There was a woman who worked at her pre-school. One day she asked me if I would teach her about the meditation practices I do. And I said OK. I said, "Sure. Let's meet on Tuesday evenings." That's how it started. And little by little the group kind of grew through word of mouth. After two years, there were about ten people. And a group of them decided they would like to live together, so that their shared commitment to meditation and living a life of awareness and kindness could be enhanced and strengthened by sharing a home together and living with common goals. We have no intention of ever being teachers of a large community. We do a lot to impede the growth of the community because it's our belief that... relationship that we have with our students is a very personal one. And we need to get to know them. We need to understand who they are and what they're bringing to the community, and we need to actually engage them in conversations to draw out their innate wisdom and address their confusion.

Khepa: A complex path like Tantric Buddhism is not learned from books. It's learned from practice. And the practice has to be practiced by someone who's walked that path before. A couple of summers ago we opened up the community to the public in the summer and a hundred and fifteen people showed up on a Sunday morning, and we closed it up right away. It was too big. You can't teach in big groups. We have no goals of empire-building, having centers all over the world, and being important in some way like that. Our shared vision together as teachers is to transmit the power and beauty of this path. And that takes real care. The path of Tantra is not based on hierarchical structures of authority, it's based on relationship. It's based on authentic relationship and mutuality between teacher and student. And real relationship doesn't take place in big groups.

BZ: Growing fast has been a real pitfall to some of the East-meets-West spiritual communities.

Khepa: Yeah. Absolutely.

BZ: You were saying that it takes time to get to know each new student who comes in. In some communities, when there's a lot of students being absorbed . . .

Acala: Yes. That time is not really available. Our

> ***BZ**: That's very interesting, that you impede the growth of the community.*
> ***Acala**: We're very careful. When you're holding something precious in your hands, you have a certain care and respect and a desire to nurture it in the best way possible.*

BZ: That's very interesting that you impede the growth of the community.

Acala: We're very careful. When you're holding something precious in your hands, you have a certain care and respect and a desire to nurture it in the best way possible and it just seemed to us that given the teachings and the community and the whole set-up requires such personal . . .

Khepa: Responsibility.

Acala: Personal responsibility and also just that the experience has been that it really takes us about three years to get to know any particular student.

Khepa: And for the student to get to know us.

Acala: It's three years with a lot of contact. We have a lot of contact with our students. We not only have group contact in a teaching situation, we have lots of one-on-one personal contact. They call us up on the phone to ask questions about their practice, and we work together on the property, and we have a summer retreat together, and I wouldn't say that I've gotten to know

any of our students really well in under three years.

Khepa: We don't get to know a human being very quickly. You know, intimacy and vulnerability are not things you can rush or pretend about. They are based on time and deeds.

BZ: That's nicely put — they're based on time and deeds. That's very nice.

Khepa: Yeah. There's also the factor that if we let thirteen people into the community a year, it changes the entire dynamic of the group as a whole.

BZ: The entire gestalt.

Khepa: Right.

BZ: Their relationships to everybody else.

Khepa: Right. The community changes. It's kind of like what Martin Buber used to talk about: I as an individual am one person, and Acala is one person; well, the two of us together in a relationship aren't even those individuals, we're now a completely different entity. The community now fluctuates between fifty-five and seventy people, and when you bring in ten new people into a group of fifty, you change the entire dynamic of the fifty people as well.

BZ: So you're quoting Martin Buber. So even though your teaching is very focused in terms of a particular tradition, you are still bringing your knowledge and your reading into your teaching.

Khepa: Oh yeah. Well, Martin Buber, his whole theories on I-it versus I-thou relationships are wonderful. In a given talk, Acala and I might talk about Jung, and we might talk about the systems theories and process theories of modern sociologists and physicists. Everything in our life informs our paths, including Martin Buber. Now, we don't take instruction on how to pray and meditate from Martin Buber. That doesn't mean that my understanding of human relationships can't be immensely enhanced, and has been, by the reading of his works. He's a wonderful writer and philosopher.

Acala: Both Khepa and I are immensely curious people. We read all kinds of things that you might never imagine.

BZ: Well, I know that, because I know that Khepa and I were talking about Monica Lewinsky the other day. [Khepa laughs.]

Acala: And we talk about all kinds of thing, endlessly, amongst ourselves, and with our students, and we've talked about Monica Lewinsky at our programs, in our Dharma teaching setting.

Khepa: The context of our practice is life. Our practice is integrated into all aspects and areas of our life as modern American people. And we should be informed. We're not medieval Tibetans. We're not eighteenth century Tibetans, or even twentieth century Tibetans, we're not Tibetans at all. We don't even practice Tibetan Buddhism, we practice Tantric Buddhism, which is a completely different thing. Tibetans practicing Tantric Buddhism is a subset of all human beings practicing Tantric Buddhism. So yeah, Martin Buber, and Platinus and Heraclitus and Lao Tzu, and all of these people reading them — Rumi, the Sufi poet, or Kabir, all of them can inform us.

BZ: Yeah, I know you quote Rumi a lot. His poetry really moves you.

Khepa: I love it. As Acala was saying a few moments ago, relationship is so profoundly important in our path. The relationship between Vajra master, the Tantric master, and disciple is extremely important and if you want to read about relationships between master and disciple, read Rumi. He's the greatest poet of that relationship ever. Rumi makes me ecstatic because Rumi writing about Shams is writing about how I feel about Yeshé Tsogyal and Padmasambhava. So Rumi's wonderful in that way. But I don't do Rumi's meditation practices.

BZ: Will you tell me about those two teachers briefly?

Khepa: Padmasambhava and Yeshé Tsogyal were the male and female (Padmasambhava is male and Yeshé Tsogyal is female) Buddhas who incarnated in the eighth century so as to establish Tantric Buddhism in the world. The Buddha Shakyamuni taught Tantra in specific esoteric circumstances, but not in a general manner. The time wasn't really appropriate for it. So Padmasambhava and Yeshé Tsogyal are two Mahasiddhas, or "great enlightened beings" who chose to incarnate in the eighth century for the purpose of establishing the Tantric doctrines of Buddhism in a practicable manner. Padmasambhava was from Afghanistan. Yeshé Tsogyal was the daughter of a Tibetan king. The two of them as a couple were really the fundamental forces of bringing Tantra to the world as it's known today. They really are the fountainhead of Tantric doctrine.

Photo by Linda Lawson

Padmasambhava was the ultimate magician and mystic — a fully realized Buddha who could conjure with the elements of the world to display and demonstrate the teachings. And Yeshé Tsogyal incarnated as his disciple to fully display the path of being a disciple, though she herself was a Buddha in her own right. The two of them together, you can't separate them, she as the female represents emptiness, and he as the male represents skillful means and activity, and the two of them dance together. All of the universe is nothing but this dance of emptiness and form — the dance of emptiness and form which gave birth to the flower of Tantra. And we follow in the footsteps of Padmasambhava's teachings.

Acala: Both Khepa and I are immensely curious people. We read all kinds of things that you might never imagine.
BZ: Well, I know that, because I know that Khepa and I were talking about Monica Lewinsky the other day.
Khepa: The context of our practice is life. Our practice is integrated into all aspects and areas of our life as modern American people. And we should be informed. We're not medieval Tibetans, or even twentieth century Tibetans — we're not Tibetans at all.

BZ: Tell our readers something about Tantric Buddhism.

Acala: Tantra is a path of incredible skillful means and methods for encountering one's inherent Buddha nature. The methods and practices themselves would be very complex to delve into, but . .

BZ: Tell me - "the interplay of form and emptiness" - what that might mean to an American student on the path?

Acala: One of the real challenges of teaching Tantra in this culture is that there is a whole language that goes with the teaching of Tantra which requires definition. We could talk for half an hour about what is emptiness, and how emptiness manifests in our lives, and what is form, and what is method display. These are words that our students have come to be quite comfortable with; they understand this terminology as they go more deeply into the path. But it's somewhat difficult to discuss in brief. I have the same feeling when I talk about Tantra that I have when I go to a foreign country, and I'm having to translate everything that I think first in English into another language, and it comes out not sounding quite right. I feel that way when I talk about Tantra with someone who is not a practitioner; it's very easy for me to talk about Tantra with our students because we have this base of language from which we can discuss it.

Emptiness means that no thing has self-existent nature. This is Buddha's definition. There is no Svabhava — self-existence to any thing. That there is no god that is an eternally self-existent creator deity. You know, in Buddhism, there's no self-existent part of me that goes on forever. This concept is delusion, actually; it's a distorted view. Emptiness is the fact that everything is made up of aggregates that come together for a duration of time and fall apart — that everything is characterized by impermanence.

Now in the West, when people first started writing about emptiness as a defining characteristic of Buddhism, especially in the late 1800s, people first studied Buddhism, and there was parochial, patriarchal racism that you see in the gloss on Buddhism from this time period. You see it in Carl Jung's works. And in Rudolf Steiner's interpretation of Buddhism. You see it in the current Pope's works.

Because they were equating emptiness with Nihilism, the idea that there is nothing that authentically exists on its own. How nihilistic, how terrible. Nihilism is the emotional response to finding out there is no god or soul. Except that's not what Buddhism means, especially Tantra, by emptiness. Emptiness is the dynamic field of pure potentiality from which all form arises. Emptiness is also an ocean of lucidity, of luminosity appearing as all form. Right? Form has no ultimate self-existence, like waves arising on the ocean and falling back into the ocean. The trouble with that analogy is that the ocean actually has an existence, whereas emptiness is not an existent thing. It's a dynamic matrix of pure potentiality, which is anything, then, but Nihilistic.

BZ: The experience of form and emptiness, through meditative practice, is something else entirely?

Khepa: Right. You can't practice Tantra until you've tasted emptiness. Having a book definition of emptiness won't do; you have to taste emptiness. And this is what Acala said: it's so hard to talk about it unless we go into the journey together.

Acala: You know, often people will say, well I don't believe in a soul, some kind of eternally existent 'self', and then in another situation they'll make a statement that entirely contradicts that. They'll expose some belief, this view of their life or their existence, which implies the existence of a soul. We tend to take things to a very deep level of conversation because most people don't analyze these notions they have very carefully.

BZ: They're superstitions?

Acala: They're superstitions.

Khepa: God and soul as eternally existent things are superstitions, which like most superstitions, when inspected carefully turn out not to exist. To integrate every aspect of the Tantric view into one's life requires a

Interview with Khepa and Acala (continued)

deconstructionism of the view of an eternally existent 'self'.

Acala: For example: Western practitioners who come to Buddhism often come with this idea that, OK, perhaps there's not a God and there's not a soul, but of course reincarnation means that I, Acala, go on living lifetime after lifetime. Our teaching is that the habit patterns of a particular human being may be reborn, but to be reborn is not to be reincarnated. And that habit patterns may go on from lifetime to lifetime, but that the essence of who we are — our personalities, our belief systems, the things we really like about ourselves, that those things are lost entirely.

Khepa: Right. There's not a person that reincarnates; there's just a habit pattern. Reincarnation is not meant to be consoling in the slightest. One of the big differences between Buddhism and New Age thought is that Buddhism is a somewhat gritty philosophical stance based on a rugged realism, and it takes account of the bad, it takes account of chaos and chance, it takes account of the not-so-pretty side of life. So often you read in various New Age writings and channeled things about how we evolve from lifetime to lifetime, and you know, each lifetime we're learning lessons and we are kind of evolving just like we evolve from amoebas to human beings, and in an inexorable parade to enlightenment in the future. That, of course, from the Buddhist point of view is completely untrue — you can be a human being in this lifetime and you can be a dung beetle in your next lifetime, you can be a hell realm being in you next lifetime. Our thoughts, actions, fears, undealt with issues and habits determine how we will be reborn. You can go up or you can go down. You can go either way in reincarnation. That it's dependent entirely on your actions, what you do. You can have much less good life in your next birth — the set of habit patterns can be born according to all your nasty petty stuff, and you're not just inexorably going forward.

There's this realism about Tantra that we both find wonderful. I don't want everything to be cotton candy, because that's not life. Life is not just a cotton candy floating blissy cloud sort of thing. It's filled with joy and suffering, with hardship and ease, and there's this exploration of what is the real meaning? What is the root? What is the ground of all of this appearance? Reincarnation is one of the places that people put sad fantasies. And we would like to take those fantasies away from people. The spiritual path should be disillusioning. Look at the meaning of the word: "illusion" and "dis," meaning to be disabused or having something taken away. People generally come to a spiritual path with all kinds of hopes.

Acala: And fantasies and looking for consolation, you know, looking for some way to make sense out of chaos.

Khepa: Meditation often is a confrontation with our consolation-based fantasies, and can be very uncomfortable. Ambivalence is a tremendous part of Tantra. If one doesn't feel some discomfort and ambivalence on the path then it's not the Tantric path. This is a razor's edge path. It's a path holding all the joy and all the pain in the world in our hearts at the same moment. And it's very discomforting.

BZ: Disillusioning.

Khepa: It's very disillusioning. And when all our illusions drop away, then the reality, which might be quite wonderful, turns out to be something we never could have imagined. We never could have projected form the narrowness of our concepts.

BZ: Many people have asked me, "Who are the people at Crazy Cloud?" because they are aware, in some sense, that the Zen Temple is from a Zen tradition, and that Jewel Heart is part of a Tibetan Buddhist tradition. Would you each tell me something about your backgrounds?

Acala: We're also part of a tradition. We're part of the Nyingma Ngakpa tradition, which is a very specific tradition dating back to the eighth century.

BZ: Where did you grow up?

Acala: I grew up in Grand Rapids.

BZ: How long have you lived in Ann Arbor?

Acala: Well, let's see. Khepa and I have been together for fourteen years, so I've been in Ann Arbor for twelve years.

Khepa: And I grew up in Washington, D. C. Actually, I grew up in Bethesda, Maryland. But I did most of my living in Washington, D. C.

Acala: I feel so little identification with anything I could discuss with you about that period of time in my life because my view changed so radically with encountering and taking up the practice of Tantra. I had this feeling, I used to say to Khepa, when I first encountered the path that I felt like my IQ jumped 200 points. I couldn't really explain it any better than that. But there was a feeling for me of, "Aha! I knew I was looking for something! I was going all over the place, trying all kinds of things, looking for something, and here I've found it."

BZ: So you don't want to identify with your lower-IQ self?

Acala: Well, no, that's not it. But since the moment I found this path a radical change took place in me, and it became much more difficult to identify with the person I had been up to that point, because it was as if my life actually began in that moment.

Khepa: But also, obviously, the sum total of all of our experiences make up who we are and how we teach.

BZ: I used to know you by the name "Pranama". What did "Pranama" mean and what went into changing your name to "Khepa".

Khepa: Pranama means worship and it was given to me by a Hindu teacher whose Ashram I lived in. I kept that name Pranama for a long, long time out of tremendous gratitude and respect, but it was not part of the Tantric path. Khepa is not a name; it's a title [Laughs]. Tantric teachers in the West, little by little, started realizing that while we Americans decided in the sixties to throw out all authority, we are actually completely obsessed and fascinated by authority. And so they realized that by putting titles in front of names, it actually gave an air of some kind of legitimacy. There's "his eminence," "his holiness,"...

BZ: Yes, yes, so what does "Khepa" mean?

Khepa: I'm getting to that. So that just, to me, always seemed like kind of a grotesque absurdity, because to be a teacher is not a status, it's a function. And "Khepa" is Bengali and it means, "aimless, worthless beggar." [BZ laughs].

Acala: You like that. Some say "an aimless, stinky beggar."

BZ: So, your students call you an aimless worthless beggar.

Acala: Yes.

Khepa: With cultural and social overtones of it means "someone of a dubious nature who probably smells bad." [All laugh]. Like a street person or a bum. Right?

BZ: So there's some real thrashing of authority, of the instinct to put one's teacher on a pedestal.

Photo by Linda Lawson

Khepa: The instinct to give authority based in titles, based in ideas and concepts, based in almost anything other than the time and deeds of real relationships is the basest instinct of human beings, and has resulted in things such as fascism under Mussolini and Hitler, it has resulted in the grotesqueness that has arisen time and time again and is still arising to this day, in every religion including Tantric Buddhism, in every culture throughout history. It's the denial of personal responsibility, and it makes me want to puke.

If I want to learn to play piano I need to find a good teacher. I need to meet the person, establish a relationship with her, find out if she can teach me. If I enter into a relationship with that person and discover all of that, then I will take her as my guide in learning piano. I will also bow to her authority. If I take piano lessons, and the teacher says, "You need to practice this much a week, and you need to do these specific exercises." If every time she gives me teachings, I have a little adolescent hissy-fit and say, "I won't be told what to do. I'm going to do it my own way." So I go off and I just make up my own practices for that week. Well, after two or three weeks, I would expect the teacher to dump me. Because why bother teaching someone who doesn't want to learn? I would accept her, and she me, based on a real relationship and time and deeds as my authority.

Acala: And based on discovering that you are actually learning to play the piano.

BZ: If you're not learning to play the piano, you're not learning from that particular teacher. You may need a different teacher, or maybe you shouldn't be taking up piano.

Khepa: Right. It doesn't even mean that teacher's not a good teacher, or that you're not a good student. It just might not be a good mix. Right? Not every teacher is for every student. Not every student is for every teacher. And this is a very different thing than authority based on institutionalization and bureaucratic hierarchy. That kind of acceptance of authority is, in my opinion, denigrating to human beings.

Khepa: *It is such a sad thing, and it's part of our desire to reduce everything to meaningless drivel, as a culture, and, more importantly, to reduce it to a level which can be marketed in a weekend workshop so as to make money. But the point of Tantra is enlightenment. And enlightenment is not a better orgasm...Tantra is a disciplined path, an alchemical path of spiritual liberation, and to reduce it to sex workshop stuff is grotesque.*

BZ: And it's also where a lot of spiritual communities get into trouble.

Khepa: People accept Acala and I as authorities in guiding their spiritual life, based on their relationship with us. Some people accept us and some people don't. That doesn't make them bad people, and it doesn't make us bad teachers, if it wasn't a good connection and mix. But they shouldn't accept us because anybody says we're authorities. We're bringing a teacher to town this fall, Ngakpa Chögyam who we think is a wonderful teacher. Our students shouldn't accept him as an authority because we say so. They should accept him because they meet this man and have actual interaction with him.

BZ: OK. "Acala" - what does that title mean?

Acala: "Acala Devi" is a name that Khepa gave to me a few years back and it means immovable. And Devi is the Sanskrit word that would translate into Khandro in Tibetan, which is a sky dancer.

Khepa: Immovable and unshakable in her commitment to all beings through compassion.

BZ: I've never known you as Stuart Kirkpatrick, though I know that that's the name on your driver's license. You're the son of the former UN Ambassador Jeanne Kirkpatrick and philosophy professor Evron Kirkpatrick. When people have asked me about your roots, one thing that I always pictured from something you once told me was of a boy or young adolescent who would occasionally go and listen to your father's philosophy lectures. The way some people grow up around their fathers in the real estate business or in the .

Photo by Ruth Schekter

Khepa: The grocery business.

BZ: The grocery business or in the fabric business... You are enormously conversant in philosophy and in different philosophical traditions. The same way that someone who grew up around groceries would know how to converse about canned goods and fresh produce.

Khepa: But I can't tell a kohlrabi from a plum. [Both laugh].

BZ: But you can tell the difference between Heidegger and Buber.

Khepa: Right. And Longchenpa. I can tell the difference between Buber and Longchenpa. My parents were a huge influence on me, and continue to be. I was enormously lucky to have the parents I had, to grow up in the family I had. Both of my parents had passionate longing for understanding and for truth. And both of them were profoundly interested in political philosophy and my father in epistemology and the philosophy of science, the philosophy of how we know.

But what was fundamental in both of them is a passionate desire to understand life, and the meaning of life, and the meaning of our lives in the social context. While I chose a different route to explore the deepest meanings of life than my parents did, it was their passion for truth that molded a huge aspect of my character.

Khepa: One of the big differences between Buddhism and New Age thought is that Buddhism is a somewhat gritty philosophical stance based on a rugged realism, and it takes account of the bad, it takes account of chaos and chance, it takes account of the not-so-pretty side of life.

There are two fundamental karmic aspects to my relationship with my parents, and one is that to be incarnated into a family where my mother's profound political impulse and use of her life is to help bring an end to communism is not very surprising. Communism has not been very good for Tibet. And the other karmic tie is the profound interest in truth. Yeah, I used to go to my dad's class on the philosophy of science focusing mostly on the teachings of Carl Popper. But we used to talk Plato at dinner.

My earliest memories are of traveling with my family all around Europe in the summer, driving from Morocco to Turkey and my mother reading Plato in the car to us, and then asking us questions. And it was profoundly impactful on me. They made us feel like we had the capacity to think about the deep questions of life and that our thoughts about them were important to our own personal understanding of existence. They caused us to feel a confidence in our ability to explore the deep meanings of life. And that has stood me in good stead to this day.

BZ: It's interesting to me that though your mother is one of the leading neo-conservative intellectuals of our time, she was a Trotskyite in her youth and then she was very interested in Wilhelm Reich.

Khepa: Actually she was a Trotskyite and interested in Reich at the same time.

BZ: I see. And both of those are really part of a search for truth and a search for meaning.

Khepa: Her conclusions and my conclusions in areas of politics and personal matters may in some way have gone in very different directions but — just what you're mentioning — one of the things that she displayed to me was this quality of emptiness. Her search went on; she wasn't simply a Trotskyite for her whole life, or Reichian. Her own understanding of life was . . .

Acala: She was a Democrat for most of the years of her life.

Khepa: Right, and then became a Republican. There's a beauty in the fact that she has never concretized herself into an ossified or calcified point of view. And her point of view continually shifts. It's an interesting thing: my mother is known for her extremely conservative foreign policy views, but currently her views have shifted in a way that she thinks we're way too involved militarily in the affairs of other countries in the current world. Her view is in flux and changes, as each of our views should be, as we learn and grow throughout our lives.

Acala: And she's always been a very strong advocate of human rights. Right now she's very active in Campaign for Tibet.

BZ: Which is a campaign I feel very strongly about, too.

Khepa: Her fundamental concern has always been for the suffering of human beings. She's terribly moved by the suffering of human beings. It's funny, in the portrayal of her often in politics as kind of the "tough woman" — it's a very interesting thing — women who rise in politics to the top often get attacked for not being feminine enough. They're too masculine, or whatever.

Acala: Too aggressive.

BZ: As a case in point, Hillary Clinton.

Khepa: Hillary Clinton, my mother, Margaret Thatcher. They're often attacked by women, which is the craziest thing. It's a weird distortion of the feminine. Whatever a woman does is an aspect of the feminine. We may strongly, strongly disagree with their policies, but the truth is that when we vilify people in government because we strongly disagree with them, we demean them as human beings, say that they're less of human beings, they're fascist, they're all just fascist. People who call US government officials fascists are simply people who need to read about fascism. Because the difference between Mussolini and Hitler and Reagan and Jeanne Kirkpatrick is rather enormous.

So it's another area in which her life has impacted me, her tremendous concern for the suffering of others. Plus as a wandering Tantrica wandering over geographical territories and lifetimes, I personally find communism as it's been used around the world, and especially in Tibet, to be one of the most terrible things that's ever happened to humanity. Luckily, as most of our systems do, it's proved its utter complete failure, and it's falling apart. [Laughs.]

BZ: [To Acala] And your parents and your family?

Acala: I grew up in Grand Rapids in sort of a traditionally dysfunctional middle class household. I had a rather conventional childhood in a lot of ways and certainly I had experiences growing up that affected me very deeply. One of those experiences was that both of my parents died before I was thirty years old. They both died of cancer; they suffered terribly in the process of dying, and I was with each of them at the moment that they died. That impacted me hugely.

BZ: A lot of teachings in that?

Acala: Oh, a lot. There was a lot in that for me. That's a classic lesson in impermanence and giving up one's reference points and in being thrown into moments of emptiness and using them as part of the path.

BZ: I'm sure your mother would have liked to have known your daughter.

Acala: My mother would love my daughter. I sometimes think about that because they would have enjoyed one another immensely. But Lily has a richness in her life now that most people couldn't imagine. She doesn't have three of her four grandparents, but she has an entire community who love and adore her and care for her. So there's not much of a hole.

BZ: Did you meet in a Rajneesh community, is that where you both met originally?

Acala: No. We met at college in Ohio. It was a week before my graduation and Khepa had dropped out of school and had come back during that week to visit a mutual friend of ours. He was a Rajneesh disciple at that time — my curiosity was piqued and then I went out to the Rajneesh commune in Oregon, and then he came out a few weeks after me.

Khepa: Oh, tell them the real story. [Laughs].

Acala: You don't think I would let them put that in the paper!

Acala: Well, I'll tell you, the funny thing is, we had met several times, and we had liked each other immensely each time we met. Khepa had dropped out of school to be a yogi. He would come for short visits, and we might go out for a pizza together with a group of other people, and he would say to me, "Give me your phone number, address and name," and he would write them down in his address book. Then the next time he'd come, we'd meet again — I would remember having met, and I would assume that he remembered as well, but then at the end of the meeting, he'd say, "Give me your name and your phone number." And then I would say, "It's in your book! You wrote it in your book the last time you met me!" This happened twice, and then the third time he came was the week before I was to graduate from college.

Khepa: And one day, I was sitting out on the side of a

hill at Kenyon College, and Acala walked by, and she said, "What are you doing?" And at this point I was wearing all red clothes and the mala that Rajneesh disciples wore, and she said, "What are you doing?"

Acala: He was a very goofy looking fellow. And he was just sitting staring at the ground, and I walked by and said, "What are you doing? Hello, what are you doing?" And he said, "I'm watching these ants." There was an anthill and these ants were, you know, going all over.

> ***BZ**: So what does "Khepa" mean?*
> ***Khepa**: "Khepa" is Bengali and it means, "aimless, worthless beggar."*
> ***Acala**: Some say "an aimless, stinky beggar."*
> ***BZ**: So, your students call you an aimless worthless beggar.*
> ***Acala**: Yes.*

Khepa: It's fascinating.

Acala: And then I went to class, and I went to lunch, and I went to the library, and I came back and there he was, three hours later.

Khepa: Three hours later, I was still sitting there [Laughs]. She thought it was rather odd because I was still sitting there, and I think, if I remember correctly, what went through her head was, "What a pathetic guy! Three hours later he's still looking at some ants."

Acala: Yeah. I thought he was kind of a sorry excuse for a human being. But I was also somewhat intrigued.

Khepa: So later that evening she was walking to her dorm room through the commons area of the dorm building that she lived in. I was sitting there watching TV. And she walked by me.

Acala: I think you were watching some terrible sit-com. And I walked through, and I said, "Do you know what time it is?" because I was thinking I was late for something. He looked at his watch and he said, "It's four p.m.," and I felt like I had been hit with a bolt of lightening. I felt this kind of shock go through my body that I can hardly explain, and in that moment I said to myself, "Oh my god, I am spending the rest of my life with this person, and he is a kook!" [All laugh.]

Khepa: And she went up to her room and cried about it, because she did not like the idea.

Acala: I was simultaneously horrified and completely surrendered in the same moment. It just was completely clear. There was no question about it. There was no way out of it. And part of why I was crying was because I had no idea where that "kook" was going to take me. I knew I was going on a journey with him, and that it was a lifetime-long journey, and I had absolutely no idea, what it could possibly look like. Anything that I had imagined for myself up to that point was thrown in the dumpster.

Khepa: And it took me several more years to realize it [laughs].

BZ: Sitting at the bar, or wherever it was the first few times where you had a drink together amidst other people, or you had a pizza, do you think you knew he was the one? Before seeing him with the ants?

Acala: I think I did, but I think I was too terrified, Bill, to let that in. What I did experience is, "Wow. It is bizarre how much I like this guy. And that he likes me. It never ceased to amaze me that he would come back having forgotten me completely. How do you have such an intense connection with someone, and then they return, and you have to tell them your name all over again? I certainly didn't need to be told his name.

BZ: [To Khepa] How do you explain that?

Khepa: At that point in my life, I lived a life of a vagabond, basically. I had only one serious interest in life, starting from the time I was about eighteen. Starting from much earlier — from the earliest moments of my memory, I knew exactly what I was to do with my life. My parents weren't Atheists, because to be an Atheist, you have to care and have an opinion — they weren't Agnostics, either — they just considered the whole spiritual question to be so irrelevant, trivial and obviously stupid, that it's not worth being an Atheist or Agnostic or anything else. I used to beg my parents to take me to church because this longing was there. Finally my grandmother took me to her Southern Baptist church; it's the last time I ever asked to go to church. I never asked to go to church again after that. But this longing was there that crystallized when I was around eighteen. I knew what I was going to do, and from that point forward, for a good decade, I lived very much the life of a vagabond. I worked whatever jobs I needed to, I'd go receive teachings wherever I could receive them, I lived in a Rajneesh Ashram for a while, I lived in a Sufi community, lived in different places, and this was the only interest in my life. Since childhood, I have had a single track mind only. I have only one love, one passion, one interest at the core of my being, and that's been the spiritual search and quest. And so everything I owned could be put in a small duffel bag. I would get up and move anyplace in the country.

Acala: He met lots and lots of people. And he is a very charismatic person who makes connections easily. I am a more reserved person who make connections less easily, so, to me, it was a more dramatic encounter.

Khepa: Well, I felt the depth of our connection, but it wasn't of primary importance to me. I would go back to Washington, or go back to the woods where I was camping out, and do practice.

BZ: But Acala is a great beauty, and I don't know even on that level how you could have forgotten her so quickly.

Acala: He was never impressed with my beauty.

Khepa: Yes I was. Absolutely. It would be a year later, and what I would have done is thousands and thousands of hours of practicing in that time.

BZ: Actually, it was quite a bit of time between the meetings.

Khepa: Yeah. It would be often like a year. And I had a sole focus. I purposely pushed everything else out of my life and mind.

Acala: So what happened was I went up into my room and I cried, and then I decided I had better go and look for him to tell him, because, you know. It seemed very shocking. So I went outside and it was just a beautiful day and I walked around this very small town, and I went to the deli, and into the pizza place, and he wasn't in there, and I walked into the bookstore. And he was standing talking to a group of people, and when I walked into the bookstore, all bloodshot and blotchy, he stopped talking and he turned and put his arms out to me, and I walked into his arms, and we embraced, and we both cried.

Khepa: And we went for a three hour walk.

Acala: Yeah. We went for a three hour walk, and that was it.

> **Khepa**: People accept Acala and I as authorities in guiding their spiritual life, based on their relationship with us. Some people accept us and some people don't. That doesn't make them bad people, and it doesn't make us bad teachers, if it wasn't a good connection and mix. But they shouldn't accept us because anybody *says* we're authorities.

Khepa: And at one point in the walk, we stood looking out over the hills of Ohio, where Kenyon College is, and I remember thinking that, it wasn't even a thought, it was just a feeling — this is right. This is perfect. I also then left town the next day to go back to my practice. From my side, also, I knew something was settled. But one doesn't ever have to hurry. Such things will evolve.

Acala: It evolved somewhat slowly. It wasn't as if in that moment, we decided to get married and spend the rest of our lives together but I knew that I would follow him anywhere. I knew that my life was profoundly linked to his.

BZ: I love that story.

Khepa: It's a wonderful story.

BZ: The very first time I met Ruth I knew that she was the one that I would marry. But I've often associated that story with the fact that I knew that I was ready. Somebody might have been there at an earlier time, but the confluence of time and people wasn't right. But I knew she was the one that very night. And I often forget that.

Acala: We, in fact, were entirely un-ready. Neither of us had any interest. I was not looking for a lover; he was not looking for a lover; it was totally inconvenient in terms of what we were doing with our lives.

Khepa: There's a word in Tibetan: "tendröl" — it means kind of auspicious interconnectivities of karma.

BZ: Auspicious interconnectivities of karma.

Khepa: Right.

Acala: Tibetan is wonderful, that there's one word for that.

Khepa: There's all these flowing webs and lines of karma that are forming an interconnected meta-web of existence. And sometimes a whole bunch will flow together and you know it.

Acala: I never had a great love in my life prior to meeting Khepa. I had various short-term relationships, but I always knew that either I would live my life fundamentally as a nun. . . I thought for a long period of time that I would be a Catholic nun because my family was Catholic and I had this intense longing, and I had a very deep spiritual current in my life. I wanted my life to be dedicated to service from a very young age. I remember feeling that from the time I was five or six years old. I had no real interest in having any kind of serious long-term relationship, so that was part of the shock as well. It just never occurred to me that such a thing would happen.

> ***Khepa**: ...One of the biggest problems for Buddhism in America is the effort to turn Buddhism into a form of psychotherapy.*

Khepa: The evolution of our relationship has been such a mystery to both of us. I never, from the earliest memories of my life up until the time I knew that I was going to marry Acala, I never planned to get married. I always assumed I was going to be a wandering Yogi. She was going to be a nun, and I was going to be a wandering Yogi. Here we are married with a daughter.

Acala: And loving it.

Khepa: Luckily the mystery of existence is far greater than the paltry little boxes we put ourselves in according to our own conceptions. You know?

BZ: Yeah. Say that again.

Khepa: Luckily the mystery of existence is far greater than the little boxes we put ourselves in. This is emptiness and form. We both had feelings and longing. We had a conceptual construct and feeling construct of the form our life would take, but emptiness intervened. I went in to a period where for several years I lived with Acala in a retreat lifestyle practicing the Advaitic Path of Ramana Maharshi and Nisargadatta Maharaj. I received teachings from a man named Ramesh Bolsakhar who is the Dharma heir of Nisargadatta Maharaj, and studied the teachings of Ramana Maharshi which I had a profound connection to. And I was living a retreat lifestyle doing advaitic practice. Acala's mother, unasked and out of the generosity of her own heart, supported us in my living that lifestyle. I still worked but I couldn't have worked as little as I did unless she supported that lifestyle. It was a wonderful gift.

Acala: My mother, obviously, had some kind of connection with Khepa as well. She was incredibly moved by him and had great admiration and respect for the depth of his practice, so she just felt moved to give us financial support and emotional support and really help us to create an environment where he was able for

Photo by Ruth Schekter

a period of time just to do intensive practice.

Khepa: For several years I alternated between spiritual study and practice often ten, eleven hours a day, months and months on end. In terms of how this all fits with the lineage we teach: I never studied Tantric Buddhism.

BZ: So you didn't really study with a Tantric master.

Khepa: I have never even met one.

Acala: To this day.

Khepa: To this day.

BZ: So you're winging it?

Khepa: Not in the slightest. Not even a little bit. I was doing advaitic practice, and one day during the period that I was doing study, I was walking to the University of Michigan Grad Library, and I suddenly had a momentary vision of this woman floating in the sky. I kind of shook my head, and she disappeared, and I went on in the library to study. And while I was sitting there studying, the whole feel of the world dissolved into emptiness, and I was in a completely different place with a woman dancing in the sky in front of me; she was singing a mantra, and it was the first of a series over three months of very intense visions of Yeshé Tsogyal and Padmasambhava in which they communicated a huge number of teachings to me.

In the Nyingma lineage tradition, there are two styles of lineage. One's called Kama, the lineage handed down from generation to generation. The other is Terma. Padmasambhava and Yeshé Tsogyal were magicians who were able literally to conjure with space and time in the phenomenal world.

What they did is they hid teachings. Some were hidden in golden jeweled caskets actually buried in the ground in the Himalayan region. Some where hidden in the elements in subtle ways, like in fire and in air and in water. And some were hidden in the mindstreams of their disciples, literally placed like a time-release capsule in the mindstream of the disciple, so that when that disciple reached a particular stage of maturity, the time-release capsule would open up and the teachings would be present again. That's called Terma. A person who discovers that kind of teaching or teachings through pure visions, actual visions of the awareness of beings, like Padmasambhava and Yeshé Tsogyal, is called a Terton. I'm a Terton. The entirety of everything we teach in this lineage is from Terma, is from the revelations and visions that I receive. These are not then vague amorphous teachings. I don't wing it in the sense that I don't make anything up. I teach exactly what I was shown in the vision and exactly what I was taught.

BZ: I actually meant winging it only in the sense that perhaps by your reading or your experience, you had understood and imagined what the teachings were without any direct contact with any of the people.

Khepa: The difference is that there was actual direct contact with the Awareness Beings Padmasambhava and Yeshé Tsogyal. And if one is able to, through depth of meditation, make contact with that through pure vision, it is no different than me talking to you. It's no less imaginary and it's no less real than that.

Acala: It's not contrived.

Khepa: It's not contrived. It's not a creative visualization.

Acala: It's not channeling.

Khepa: It's not something you channel. It's literally like meeting that being. The teachings that we give then are not at all vague or amorphous. They are detailed teachings of Sadhana text, the complex Sadhana text of Tantra with the mantras, the visualizations, the teachings on the making of offerings.

Acala: They're very detailed, very explicit.

Khepa: Teachings of how to work with the elemental spirits, the Sadag, the earth lords, how to do Tantric practices of the Mahayoga, Anuyoga, and the Atiyoga levels, including the complex esoteric yogic practices, and all of that in great detail. And this is not things you find written in your local bookstore within books of Tantra.

Acala: In fact, you could not find it written anywhere.

Khepa: Right. And so this is an amazing wild thing! This is just unbelievable and its beauty is outrageous and incredible! And I don't expect people to believe this; I expect them to test the validity of my teachings in two ways: one, in the laboratory of their own experience. They take the teachings as hypothesis, they test them in the laboratory of their own life, and they either get results or they don't. And the second way is, I expect them to test them against the traditional teachings because the teachings I am giving them are Padmasambhava and Yeshé Tsogyal's teachings. They are in line with the traditional teachings of the Nyingma lineage in very concrete ways.

And so I send and ask students to go to the best of the traditional Nyingma teachers to test the teachings that I give versus the teachings they give, to find the similarity of them, or not — to actually test that out. I hesitate, and I've hesitated always in the past very much in talking about this at all. It's such a precious thing that one doesn't want to cheapen it.

One of the big differences between, in my opinion, authentic spiritual vision, pure vision and Terma revelation, and when dysfunctional people have real spiritual experiences, they usually go into a state of tremendous ego inflation. Whereas authentic spiritual vision does exactly the opposite; what one sees in oneself is one's potentiality, but also how tremendously you miss that potentiality. What you see are all your faults.

As Dudjom Rinpoche, who is a wonderful Tibetan teacher, said, the point of Dharma is seeing your own faults. When you have an authentic spiritual vision — in the light of Yeshé Tsogyal, what I saw was my own littleness, pettiness, grasping, hope, fear, and all of that, but I also saw the path which allows one to liberate all of that into enlightened wisdom. So our lineage is the Nyingma lineage in its purest form, the Buddhist Tantric lineage of the people who fall in the footsteps of Padmasambhava and Yeshé Tsogyal. We call ourselves Nyingma or ancient school. And it's a very traditional form of Dharma transmission.

But at the same time the revelation of the Terma and pure vision comes through the vehicle of this young American raised in this culture, and that's a wonderful thing, because it offers a possibility for trans-cultural migration of the Dharma. It's important that profound levels of practice and realization be transmitted in the context of our culture by people in our culture. Tantra is not Tibetan. Buddhist Tantra is not Tibetan. It's not American either. It doesn't belong to any culture, nation, race, gender, anything. Tibetan Tantra is a series of methods for obtaining liberation.

Acala: And one of the reasons Khepa has never had an interest in meeting with Tibetan teachers is because it's very important in terms of our work in this time and place that we not take on some of the unnecessary cultural trappings of Tibetan Buddhism. We're American Buddhists.

Khepa: We are American Tantric Buddhists. We are not Tibetan Tantric Buddhists. So there was a long period where I decided I did not want any contact with any other teachings. I wanted to teach purely what was given to me through Terma and through vision. Now it's been eight years, and our community is very well established. So now I'm entering a completely different phase where I'm actually quite interested in meeting and talking with Ngakpa Chogyam, who's Scottish, but he teaches a very traditional Tibetan line of Dharma transmission.

Acala: And his teachers have all been Tibetan.

Khepa: His teachers have all been Tibetan. And I myself will begin to go and visit Tarthang Tulku and Lama Tharchin and some of these other great Lamas. The form and flavor, the uniquely culturally appropriate form and flavor of our teaching, while maintaining the purity of the traditional Tantric methodologies, is now strong enough that. . .

Acala: It's already been largely established. Khepa teaches from pure vision and revelations. We also teach from dreams of clarity and from memory. A lot of the things that I bring to the community, I bring from memory. Having been a Nyingma Ngakpa practitioner in other lifetimes, certain tunes, certain mantras, certain of the form aspects of the teaching are things that I remember.

Khepa: She was a great old lady up in a cave once.

BZ: So even though you are an American Tantric Buddhist, you have a sense of having previous lifetimes as a Tibetan Tantric practitioner.

Khepa: Actually, not a sense — a detailed memory.

Acala: Detailed memories. Yes.

Khepa: Not detailed memories of perhaps every moment of one's life, but detailed memories of situations, of contexts. . .

Acala: . . . of teachings.

BZ: A while ago, you said that, in terms of rebirth, that what people have are their habit patterns?

Khepa and Acala: Mm-hmm.

***BZ**: You are enormously conversant in different philosophical traditions. The same way that someone who grew up around groceries would know how to converse about canned goods and fresh produce.*

***Khepa**: But I can't tell a kohlrabi from a plum.*

***BZ**: But you can tell the difference between Heidegger and Buber.*

***Khepa**: Right. I can tell the difference between Buber and Longchenpa...I was enormously lucky to have the parents I had, to grow up in the family I had...both of them were profoundly interested in political philosophy and my father in epistemology and the philosophy of science, the philosophy of how we know...But what was fundamental in both of them was a passionate desire to understand life, and the meaning of life, and the meaning of our lives in the social context. My earliest memories are of traveling with my family all around Europe in the summer, and my mother reading Plato in the car to us, and then asking us questions. And it was profoundly impactful on me.*

Interview with Khepa and Acala (continued)

BZ: How does that fit into memories of music or of dance or something?

Khepa: Well, there's two different things here. It is possible to incarnate, if one, through practice, is able to hold together the stream of consciousness and memory well enough, it is possible to incarnate rather than simply be reborn. That is a possibility for an advanced practitioner. There are possibilities in life and in death that emerge as we become advanced in the practices of the Dharma. They simply are not there without that. It's an entirely different thing for an advanced meditator to die and reincarnate than it is for someone who doesn't do practice. These are two completely different things.

BZ: So when the young Dalai Lama in *Kundun*, using the traditional method, is figuring out which is his pair of glasses from a previous lifetime and which is his previous dorje. . .

Acala: He is a reincarnation.

Khepa: There is a cohesion to his reincarnation that is not there generally.

Acala: And if one's habit patterns are shaped entirely by the practice of the Dharma, then those are the habit patterns that go into one's next life.

Khepa: It's the Boddhisattva vow, the vow to return to serve all sentient beings that causes the reincarnation of a Tulku. This is why one doesn't go into final Nirvana dissolving every last pattern. There is the patterning of compassion that reincarnates. But it's not as though, in *Kundun*, the Dalai Lama can pick his glasses, it's not even so much he's saying, "Oh, that's the pair of eyes," but there are moments he remembers his old teeth in that cabinet.

Acala: And then there are moments where he forgets it entirely. Where he questions whether he's even the Dalai Lama, in that movie. And so it's kind of that one has glimpses, and increasing numbers of glimpses into one's past. Although I have reincarnated from a particular region, and I can tell you what region in Tibet, or who my teachers were, what my practice was, I'm an American. I am not a Tibetan.

Khepa: In my last life, I died in 1959. Shortly after attending a large series of Empowerments in the monastery of Do Drupchen, which was attacked during the final Tsog Feast portions of the Empowerments, by the Chinese, and at that point fled and decided to leave and go to India. Along the way — I was kind of a clutzy, uncoordinated person — I fell off a bridge into a river and drowned. I remember this as clearly as I remember what I had for breakfast this morning. Actually, I don't really remember what I had for breakfast this morning. But I remember that more clearly than what I had for breakfast; it was a big event.

BZ: I'd like you to both talk about the people in your community some, by which I don't mean talk about individual people, but talk about the community. Are there meditation classes in the community, is it each person is on a very different path from each other person? Talk about what it's like to be part of this Crazy Cloud Dharma Center — what's happening here?

Khepa: Well, it's interesting - we have a motto that we've always had in our community that Hakun the Great Zen Master had written over his dojo, and it was written, "When they come, we let them in, and when they go, we let them out." Our community does not have public programs here at the farm.

The hermitage and the houses of students around it are private property where serious practitioners live and get together to do practice. There's a process whereby people can enter our community, which takes one to three years to come to the point where you can apply to fully enter the community, and in that period of one to three years, one studies the teachings and reads and studies on the tradition, the Nyingma lineage, and one receives teachings from Acala and I, and you do what's called Ngondro practices.

Ngondro is the preliminary practices of Tantra. It's a series of four practices which involve over a hundred thousand enactments of each practice. If you do it an hour a day, it takes three years. It can be done much faster than that, or much slower than that. But it's a long process of preparation of one's body and emotions and mind for the higher transmissions and practices of Tantra. So anyone entering our community goes through a preliminary phase where they're not really members of the community but where they are studying the tradition and engaging the preliminary practices. A lot of people in our culture want to join communities because our culture is so lacking in community that often people want to join our community just to be part of a community and have those social bonds, which are an important by-product of our path and our community.

Photo by Linda Lawson

Acala: We enjoy each other immensely. We have a good time together, but that is definitely just a by-product.

Khepa: So we've increasingly made it hard to enter the community because we want people to solely enter for the teachings, and not for the social aspect or community aspect.

***Khepa**: And at one point in the walk, we stood looking out over the hills of Ohio, where Kenyon College is, and I remember feeling — this is right. This is perfect. I knew something was settled. But one doesn't ever have to hurry. Such things will evolve.*

***Acala**: It evolved somewhat slowly. It wasn't as if in that moment, we decided to get married and spend the rest of our lives together but I knew that I would follow him anywhere. I knew that my life was profoundly linked to his.*

Acala: And also we want people who have a really strong base of psychological integration, and who have the capacity to take on such a challenge. Tantra is a very challenging path. I often say to people when they discuss whether they're interested or not, I just say, "Some people look at a mountain and they say, 'I want to climb that,' and they know that they are mountain climbers. Some people look at the mountain and they say, 'I have absolutely no interest. There is nothing about that mountain that is appealing to me.'" Tantra is somewhat similar. You hear about the path, there's something about the path that challenges you, you're a person who likes to take on a challenge, and then you might find that you are a Tantric practitioner. But it is not a path for everyone and there's an important process of weeding out who this path is actually for and who can benefit from it.

Khepa: And that is in no way a criticism of those who end up not entering the path. It's just not the right path for them. And also some people look at a mountain and say, "I want to climb that mountain," but they don't want to do the exercise necessary to get in shape to climb a mountain. They don't want to buy the equipment necessary for climbing a mountain.

BZ: They just want to take a helicopter.

Khepa and Acala: Right.

Khepa: And Tantra is the swiftest path to enlightenment on the face of the earth, but it's not a helicopter to the top. It requires tremendous courage, integrity, hard work, and perseverance, like all great creative endeavors do. It's said in Tantra that because there's real intimacy in the relationship between Vajra masters (like Acala and I) and disciples, that one wants to enter into that relationship with care. You're careful who you marry, and you should be careful who you pick as a spiritual master, certainly. And so it's a process that benefits everybody if it's done carefully and slowly so there's really that period. . .

Acala: And there may be people who might be Tantric practitioners for whom Khepa and I may not be the right teachers. Our personality display is an aspect of our teaching, and if someone finds that they can't relate to our personality display then we're not the right teachers for them. They have the good fortune of having two teachers with varied personality displays in this community. You couldn't find two people who have more different likes and dislikes.

Khepa: Acala has a sophistication and refinement in terms of Dharma teaching that is wonderful, and I'm just kind of a crude ruffian. I am the Beverly Hillbillies of the Dharma.

Acala: And Khepa likes McDonald's and I like macrobiotic food. There are just endless ways in which we have a very different presentation of the path, but from the point of our experience, that's just delightful. We delight in the differences that we have. We feel that it brings a richness to our students and to the community as a whole that would not exist if one of us were teaching on our own.

Khepa: And we're also both extremely strong personalities. I have both a strong personality and I have a kind of a combination of fierceness, humor, and aggressiveness that is not necessarily good for all people. Our students actually are people who have to have very strong personalities as well because we bump up against each other a fair amount. There's real relationships, so it's not all beautiful. It's not all just nice.

Acala: A real relationship is messy.

Khepa: If someone with a weak personality structure is having a messy relationship with someone with a strong personality structure, they will tend to feel dominated. And that's not beneficial to the teaching path whatsoever. So when we say it's not a path for everyone, we really mean it. Now, for people who can benefit, the same qualities I just described help make this a ribald and joyous affair — the mixture of intense study, intense practice, and intense fun and play.

BZ: That's pretty ribald and joyous.

Photo by Linda Lawson

Khepa: Right.
Acala: We laugh a lot. Our students laugh a lot.
Khepa: We laugh at our students and our students laugh at us.
Khepa and Acala: We laugh with each other.
BZ: These are people who have regular jobs?
Khepa: Almost all of our students. We require that people, to be in our community, be either in school full-time or have jobs, by and large, with certain exceptions; there's one or two authentic Yogis in our community who live an itinerant Yogic lifestyle, who live as Yogis in the traditional sense.
Acala: People in our community are actually quite successful in the world. They're very competent, capable, strong personalities with strong opinions and a kind of a passion for life. I think that those qualities characterize our students.
Khepa: Yeah. And if they don't have that, then often we will suggest to them that they go and get a job, and get a life, and maybe get some therapy to figure out what it is that's holding them back from having a passion in life. Our path, point-blank, is not for people who do not have strong emotions. Ours is not a path for any kind of aloof, everything's on white clouds, spiritual type.
Acala: We're not for the people whose idea of a spiritual being is a person who is devoid of emotional connection or responsiveness or a relationship.
BZ: What are the age range of your students?
Acala: They are really fairly equally divided amongst all age groups between twenty and seventy.
BZ: Are there some husbands and wives within the community?
Acala: Oh, yeah.
BZ: Kids whose parents are in the community?
Acala: Yes.
Khepa: It's kind of across the gamut of society.
BZ: Are there any activities that take place where kids are welcome?
Acala: Kids are welcome to almost all activities. Largely we don't encourage them to do any sort of formal practice because we feel that when they reach a certain age then that's a choice that they can make, and not something that we would like to impose upon them.
BZ: How many members are there now?
Acala: You know, it's somewhat hard to determine because there are people who live in Ann Arbor who come here on a regular basis. But we have quite a few students living in other places who come to retreats or who we teach by mail and over the phone and on the Internet.
Khepa: The way we discover for ourselves how many people are in the community is how many people show up at our summer retreat. There's a week-long summer retreat that is required of all members of this community to attend, and it's kind of where we set the energy for the teachings of the coming year. And last year, there were fifty-six people at it.
Acala: But there were some people missing. And this year we won't be able to determine.
Acala: ...This is the first year that we're opening up that summer retreat to non-community members, and it will be an adventure. We like to shake things up periodically.
Khepa: For two years the community was not open to new students whatsoever. There was no new student class formed. And then it becomes a little too. .

Acala: Stagnant.
Khepa: We like chaos. We love chaos! Without chaos there would be no possibility of spiritual practice. This is actually what I talked about this morning in the program. If there was only karma, there would just be predestination. There is emptiness as chance slipping through the carefully built walls and barbed-wire fences of our concepts.
BZ: You were talking about chaos today, about the importance of chaos in spiritual practice?
Khepa: We love chaos! The Vajra master is the speeding up of the infinite chances authored by chaos in the life of the disciple.
BZ: Say that again?
Khepa: The Vajra master, the Tantric master, is nothing other, really, than the speeding up of chaos as the open-ended chance offered by emptiness in the life of the disciple — that basically, every human being comes with constructs and structures of conceptuality, and a rationale of their existence, and the master, in a variety of manners, undermines the seeming solidity of that structure, allowing emptiness, this pure potentiality, which feels to the narrow and to the straitjacket of the mediocre and narrow rational mind as threat and chaos — that Vajra master undermines the structure so that the chaos and emptiness, which are actually pure potentiality and lucidity, to sparkle through their lives. So the Vajra master is chaos incarnate.
Acala: Just a couple of days ago, a student of ours came to me and was asking me for help with something that was going on in his relationship, and I gave him some rather unconventional and humorous advice in terms of how to deal with it. He went off and he sort of played with what I had said, and put it into action, and he came back and he said, "Thank you so much for your help with that. You're my Dharma Whack-Pack." [All laugh]. And I thought, "Boy that was a really good summation."
BZ: A real compliment.
Acala: Yeah.
Khepa: And this is also why the Tantric path requires an incredible degree of discipline: because one has to have a very functional and disciplined life — the ability for real discipline, to be able to integrate chaos, chance, and emptiness without just blowing apart, you know? And not in some kind of idiotic manner, but in a manner in which the vitality of emptiness and chance and chaos, the pure potentiality of our Buddha nature is allowed to sparkle through without making us dysfunctional idiots. We don't want that.
BZ: Here's an obvious question: The Americans associate the word "Tantra" with something having to do with sex.
Acala: Oh, thank you for bringing this up.
BZ: Yes. They associate this with something having to do with sex and Tantra means sexual practice -
Acala: Ultimate orgasm.
BZ: Ultimate orgasm. You guys haven't talked about sexuality, you haven't talked about sexual positions, or anything like that. What does this have to do with any of this? [All laugh].
Khepa: Well, you've got to pay the money for the workshop on Tantra and the secret of the extended orgasm. [All laugh].
Acala: Let's respond to that, though, because that really pushes my buttons.
BZ: In very lay language.
Khepa: OK. It's what I call the "new age soft-core porn" version of Tantra. Tantra — it is taking something that realizes the deepest possibilities of being human — the realization of unborn and undying primordial awareness as emptiness, luminosity, Being, blissfulness, and Knowingness and reducing that to Kama Sutra sex positions. It's like reducing quantum physics to first grade mathematics. In fact, Tantra has nothing, nothing to do. . .
BZ: You mean first grade arithmetic.
Khepa: Yeah, first grade arithmetic. First grade addition and subtraction problems with no more than two digits. Though in some of the Tantric sex manuals, we get more than two digits. It is such a sad thing, and it's part of our desire to reduce everything to meaningless drivel, as a culture, and, more importantly, to reduce it to a level which can be marketed in a weekend workshop so as to make money. But the point of Tantra is enlightenment. And enlightenment is not a better orgasm. Enlightenment is not the paltriness of infinite grasping to titillation.
BZ: He's at his most quotable on this subject.
Khepa: [Laughs] But there is this kind of fretful grasping for the better orgasm, and they're trying to market that, that if you were obsessed with the fretful grasping for better orgasms that you actually are like the great Tantric Yogis of the past. They have nothing to do with each other. Tantra is a disciplined path, an alchemical path of spiritual liberation, and to reduce it to sex workshop stuff is grotesque. I'm not against sex workshops.
Acala: There are great Tantric masters who have used sexuality as a skillful means for. . .
Khepa: And do to this day.
Acala: Yeah, for assisting in the liberation of various students. Khepa and I do not have that ability, and we do not make use of sexuality in our teaching with our students. We are entirely novices.
Khepa: Let's make clear, though, what we mean by that is we do not have sex with our students. And we don't run sex workshops for our students.
Acala: We do not have sex with our students. We have a committed, monogamous relationship, we don't teach sexual practices to our students.
Khepa: We teach in depth, though, about male-female relationships, and the energies, which include the energies of sexuality in male-female relationships. It is our view, the view of our lineage, that a committed monogamous relationship is really the only viable option for Tantric practitioners. Mahasiddhas like Padmasambhava or Drukpa Kunlegs, or great realization holders like Chogyam Trungpa have other options as well, but that is not for most Tantric practitioners. A committed monogamous relationship is very important for the esoteric and energetic practices of Tantra. But the big thing is that the buying and selling of momentary experiences doesn't really have much to do with the attempt to discover the deepest meaning of life.

For people who are too uptight and repressed to be able to actually have intimacy in the physical

Khepa: Luckily the mystery of existence is far greater than the little boxes we put ourselves in. This is emptiness and form.

relationship with their lover, they might need some therapeutic help and the help of different kinds of psychotherapeutic modalities to have a better sex life. But psychotherapy is not Tantra. And sex therapy is not Tantra.

BZ: Do you end up having to be therapists to all of your students?

Khepa: We refuse to be therapists to our students. Tantra is not therapy. Psychotherapy is an attempt to be successful within the human realm. And Tantra liberates us beyond all six realms of being into the mystery of enlightenment.

BZ: Could you put that a little bit more plainly?

Acala: Psychotherapy has limits and Tantra just does not. Psychotherapy operates within these certain constructs and there's a belief system inherent in whatever form of psychotherapy one engages that is not consistent with the view of Tantra. They are actually oftentimes in conflict; they contradict one another, and so we really try to help people to move beyond therapeutic modalities and into the vaster view of Tantra, which is far more liberating than therapy could ever be. The best that therapy can do is to teach you to live a functional, balanced life. That is the base of Tantra.

BZ: People are enmeshed in their own psychological issues, and they're in your community. . . ?

Khepa: There are people in our community that we ask to go to therapy. We're not putting down therapy. We're just saying that therapy is an extremely limited modality of work on human beings, that its assumptions, the axioms of therapy, make it very limited.

BZ: Aside from the theory of Tantra, because you've got an assortment of personalities in your community, and they're interacting with each other, do you also have to play a therapeutic role?

Khepa: We try to help them to see their personal problems and issues in life from the Tantric point of view.

Acala: We don't play a role so much as we serve a function, and in that function, we do encourage people to bring all the aspects of their lives into the path and into their relationship with us. It is not unusual for us to talk to people about their parenting, their relationship, their work environment, their relationships with other people of the Sangha. Certainly we talk a great deal about these matters, but we always talk about them from the view of Tantra.

Khepa: Therapy can help you deal with basic issues of anger, but it cannot liberate the root energy of anger into its unborn enlightened quality. It doesn't even know that exists; it doesn't know what it is, and therapy itself is based on a model of the unhealthy human being. Tantra is not even based on the model of the unhealthy human being; it's based on the model of the Buddha.

Acala: But, as a Tantric practitioner, if I find myself in a situation where I feel angry, I say to myself, "I am profoundly deluded." Because from the point of view of Tantra, anger is a deluded emotion.

BZ: It's never appropriate.

Acala: It's never appropriate. And if I go to a therapist, he or she might say to me, "Well, let's talk about your anger. Let's explore how you became an angry person."

Khepa: Now, that doesn't mean it's not good as a therapeutic modality. Cathartic work can be very good in a therapeutic modality. Take someone who doesn't even know he's angry, you may need to get him to explore his psychological habit pattern enough and even go through a bioenergetic cathartic work to even discover the huge pool of anger that's in him. Maybe everyone else he meets knows he's angry, but he doesn't know it. He would need therapy perhaps then to allow him to know himself well enough to be able to use the Tantric methodologies. Anger only arises from fear, according to Tantra.

BZ: And are there some students in your community who have now been practicing for a good period of time who have advanced significantly along their own paths?

Khepa: The students who have been practicing the longest have been here eight years, as long as we've been teaching. There's quite a few students who have been here eight years and they're at different levels. It takes a very long time to work through the paths to the more advanced levels. A weekend, a week, a month, a year won't do it. In our culture, we like weekend workshops, Satori guaranteed, $350. But it's a lifelong endeavor. So there are people doing what are called the generation and completion phase practices of Deity yoga, in the Tantric Nyingma tradition in our community.

We're riled up about the whole therapy and sex thing because one of the biggest problems for Buddhism in America is the effort to turn Buddhism into a form of psychotherapy. Shakyamuni said that his Dharma would last 2,500 years, and we're in the last 500 years, and it is Acala's and my feeling that what will be the final destruction of Buddhism as a truly liberating teaching, is that it will become a form of psychotherapy.

If we try to say that Buddhism and psychotherapy are doing the same thing, you destroy Buddhism — the final destruction of Buddhism in the world will be a result of a self-help psychotherapy.

BZ: Will be, or would be if that happens?

Khepa: Will be if it happens. There certainly is a powerful momentum in the West to do exactly that. Our culture has so little understanding of the mystery and possibility of existence, and we try so hard to turn everything into the marketplace consumer mentality of our culture that tremendous pressure is put to transform mystical liberating teachings of Buddhism into psychotherapy. One of the ways we do that is to make it faddish. When our culture wants to destroy something, we make it a fad. All fads - who remembers the war on drugs? Who remembers the war on poverty? The war on crime?

BZ: But Buddhism should be able to survive.

Khepa: But will it survive in its fullness? Or will it survive as a modality of psychotherapy?

Acala: There is a real possibility that it will not survive.

Khepa: Buddha in his own teaching said it will not survive ultimately. It will finally be watered down and watered down and watered down to the point that what Shakyamuni taught in the three turnings of the wheel will no longer exist.

Acala: We sometimes lay in bed at night in a cold sweat just thinking about it. [BZ laughs.] You think I'm joking.

BZ: No.

Khepa: It's scary. I'm scared by it. I think that Buddhism in America will be non-existent in any kind of public format as a viable liberating path in seventy-five to a hundred years. But I think that Buddhism as a profound mystical and liberating path will be very powerful in America in five hundred years. Because I think what will happen is the truly esoteric parts of Buddhism will be found in small, little, tiny communities like this.

Acala: It will be passed on through families.

Khepa: Just look what happened in Tibet. But it could just be nostalgia.

Photo by Linda Lawson

BZ: Thank you both very much. I hope I'll get to revisit the two of you in this community to do this again in five or six years. I've seen tremendous evolution in the community.

Acala: It's amazing to us. It's constantly unfolding in ways we never really imagined.

# # #

Khepa: *It's important that profound levels of practice and realization be transmitted in the context of our culture by people in our culture. Tantra is not Tibetan. Buddhist Tantra is not Tibetan. It's not American either. It doesn't belong to any culture, nation, race, gender, anything. Tibetan Tantra is a series of methods for obtaining liberation.*

A Few Books on Buddhism Recommended by Khepa and Acala

Wearing the Body of Visions by Ngakpa Chogyam

Spectrum of Ecstasy
by Chogyam and Dechen

Rainbow Painting by Tulku Urgyen Rinpoche

Passionate Enlightenment by Miranda Shaw

The Wisdom of No Escape
by Pema Chodron

Blessing Power of the Buddhas
by Norma Levine

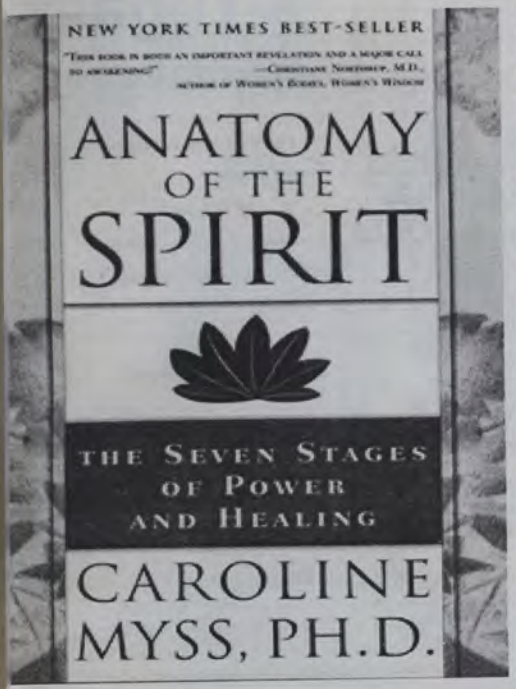
Natural Liberation by Padmasambhava
With commentary by Gyatrul Rinpoche

Crystal and the Way of Light
by Namkhai Norbu

Kindly Bent to Ease Us by Longchenpa
With commentary by Guenther

Book Review

Anatomy of the Spirit



By Katie Allen

Anatomy of the Spirit, by Caroline Myss, Three Rivers Press)

When I picked up Caroline Myss' "Anatomy of the Spirit" and read the Forward and Introduction, I was discouraged and daunted. The book contains the material Caroline uses when she teaches others to develop the skill of medical intuition in her workshops and lectures. I read about her fifteen years of work as a medical intuitive. This phase of her life included not only realizing that she had a gift and fully developing it, but a residency program with Norman Shealy, a Harvard-educated neurosurgeon and founder of the Holistic Medical Association. I thought I'd be lucky to even grasp the concepts in Caroline's book, let alone do anything with them.

As I continued, I found myself pleasantly surprised. Caroline's sharing of what medical intuition is and how we can apply it as individuals in a personal apprenticeship program has changed me forever. I will never again think of myself as a body. I will never again doubt the mind-body connection in all healing (emotional and physical). I believe we create our own reality, miracles are natural, and we draw unto ourselves what we need while we are "in lesson here" on earth. Simply reading the book produced a shift of consciousness in me. To use New Age terms — it raised my vibration.

Her work is particularly liberating because she gives energetic meaning to judgment, forgiveness and the divine quality of all relationships. Being non-judgmental, forgiving others and ourselves, thinking of everything without status — these virtues seem among the most difficult for us to practice. Caroline teaches about how not abiding by the Golden Rule actually causes us to lose the life-force power that keeps us alive. And she teaches us how to retrieve the power we've lost in the past and move forward in life with a completely charged battery. Caroline shows us the metaphysical meaning of grace.

The book is organized to fully support a personal medical intuitive program. It is broken into two parts. The first part is the "text book and lectures" for the program. The second part is the "laboratory". As in any science course, both the lab and lecture are required for successful completion.

The text and lectures give the student the principles for medical intuition. Caroline calls this the "language of the spirit." She stresses right from the start that spiritual sight is a learned skill that is based in self-esteem. This gives energetic meaning to "Love each other as you love yourself." If we want spiritual skills like psychic awareness or the ability to heal, we have to love ourselves.

The basic principles covered include first learning to think of humans as having energy fields that pulsate with information and are in constant contact with everything around them. These energy fields, being Divine Spirit, can not lie. They contain every part of our lives including our physical history, attitudes, beliefs and opinions. As this energy flows through our body, it affects us at a cellular level and "biography become biology." Caroline also teaches us that a proper flow of this Divine Spirit energy keeps us healthy. We give away our power when we rely on something external to give us self-esteem. We alone can reclaim our power and heal ourselves. Symbolic sight is a tool that can help us in this process because it teaches us to interpret the power symbols or "false gods" in our lives. One of the most helpful concepts to me among the principals is to think of all illness as a power disorder — like a technical difficulty. That attitude will help me develop a more detached, manageable view of dis-ease.

The second part of the "text and lectures" is also very liberating. Caroline frees us from the boundaries and separation sometimes promoted by the major world religions by showing us how the Seven Hindu chakras, the Seven Christian sacraments and the Seven Levels in the Kabbalah's Tree of Life all point to a universal spiritual truth. This truth is that each of the seven centers pulses out an energy that generates life lessons for us as we mature spiritually. Our job is to live these lessons. While "in lesson", if we misuse our power, there are consequences in our bodies and lives. We get challenges and tests that shake our power bases and cause us to look for life's deeper meaning. We can heal and reclaim our power by releasing the past, cleansing our spirits and returning to the present. In addition to the religious/spiritual support, this concept has a lot of validity to me because it takes our modern day theories of moral development (specifically Kohlberg) to the next logical level.

Part two of the book gives us an effective practical application of the principles learned in part one. There is a chapter devoted to each energy center. Caroline discusses the spiritual truth and symbolism in each. She teaches us the characteristics of the energy that pulses from each center. She provides life lesson examples that demonstrate how we attract relationships, situations and challenges that enable us to spiritually mature. She helps us understand how each human being is a biological edition of universal sacred truth. Caroline has discovered the meaning of life — spiritual maturation through life on earth. In addition to the explanation of the seven power centers, each chapter in part two of the book provides questions for self-examination that help us start probing our souls for the information we need to learn about ourselves and grow.

"Anatomy of the Spirit" is a very important book. It is packed with information. One of the most striking things Caroline Myss says is that the readers should only accept what is true to their own hearts. I highly recommend this book to everyone, but especially to all sorts of healers. Caroline Myss is not only bridging gaps and knocking down walls — I'd say she is helping to crack the veil of duality.

For information about the next issue of The Crazy Wisdom Calendar, please call us at 665-2757.

The deadline for Calendar forms (to be included in the Calendar section) is Wednesday, July 22nd.

The deadline for advertising is Monday, August 3rd.

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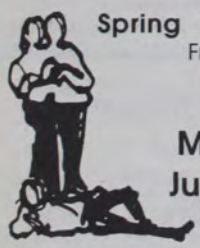

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Friday evenings at 7:30
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AUGUST 2
Grand Master William C.C. Chen

Registration & Information: (734) 741-0695

The Crazy Wisdom Calendar

Issue No. 10

A Free Calendar of Local Classes, Workshops, and Events

September through December 1998

Reiki Teacher Suzy Wienckowski and her dog, Ozzie

The Crazy Wisdom Interview: Dr. James Neuenschwander on Energy Medicine

Lomi Bodyworkers Tom Kuzma and Alana Galbraith-Kuzma

Drummer O. Andrew Schreiber

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Explore "INTEGRA"™ the curriculum presented by the Midwest Academy for Healing Arts. This course of study provides training based upon a rich mix of Eastern, Western and indigenous material. Bio-energetics, yoga, personal and planetary healing.

Encourage your inner healer to release negative scripts, archetypes, outmoded defense systems and personal myths; and using this information, EXPEDITE the development of your sacred healing vessel and that of your clients.

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The curriculum has been designed to augment the healing arts of those in health professions, as well as sincere lay persons who have the desire to experience a unique, educational experience. The course of study is two sessions that span 15 months. Session I begins November 13, 1998.

Dr. Janet Nagy director of the Academy, is an elder, healer, teacher and ceremonialist. She holds a Bachelor of Science in Nursing, a Masters in Medical Care Organization and a Doctorate of Divinity. The Academy is an outpicturing of her philosophy, life experiences, studies with other teachers and her healing skills. Dr. Nagy is a certified massage therapist through Esalen Institute, has studied subtle energies with Katrina Raphaell and Carolyn Myss, and is a graduate of the Barbara Brennan School of Healing. She has had a private practice in southeastern Michigan for 16 years.

Intro Evening

Introduction to "INTEGRA"™

Friday, August 7
Friday, September 18
Friday, October 9
from 7-9:30 pm

We invite you to join us from 7-9:30 pm for an *Introduction to Integra* evening. The purpose of these evenings is to allow perspective students the opportunity to find out more about the program, ask questions and meet the faculty. The cost is $25 and is applicable towards your first consultation. Please call the Midwest Academy for Healing Arts for location information and to reserve your spot.

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A weekend with Antonio Francesco

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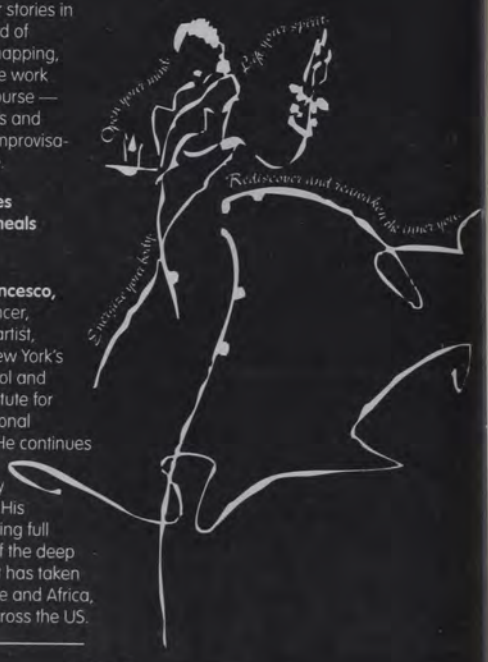
$125 includes room and meals



Antonio Francesco, sculptor, dancer, ceremonial artist, trained at New York's Julliard School and Seattle's Institute for Transformational Movement. He continues his study at the University of Michigan. His work promoting full expression of the deep creative spirit has taken him to Greece and Africa, as well as across the US.

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Nov. 6-8

Return to your sacred center through contemplative meditation, gentle yoga and shabda yoga, nutrition, prayer and holy laughter.

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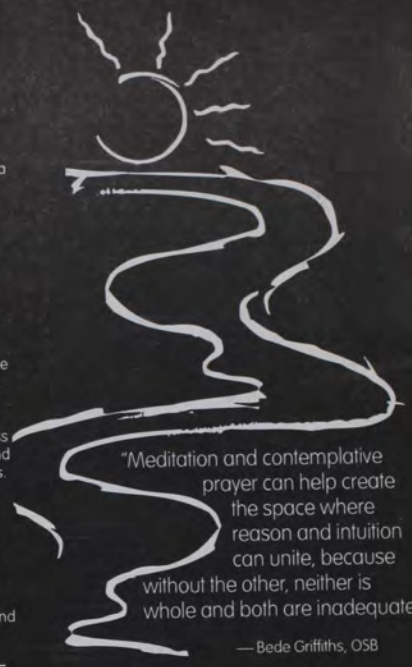
Asha and Russill Paul studied with Benedictine monk Bede Griffiths in South India. As husband and wife, they offer a path of healing and wholeness using sound, chant and ancient yoga practices. This weekend, they team very well with another Griffiths scholar, **Bro. Wayne Teasdale**, a Christian Sannyasi who writes about spirituality, interfaith encounter and the environment.



"Meditation and contemplative prayer can help create the space where reason and intuition can unite, because without the other, neither is whole and both are inadequate."

— Bede Griffiths, OSB

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11:00 AM to 8:00 PM

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Who Works at Crazy Wisdom?

Sarah Newland *has been the most indispensable member of the Crazy Wisdom staff in these past five years. She was hired to be the Store Manager in the summer of 1993, and immediately she brought a sense of order and grace to the goings-on. Sarah is careful and organized, breathtakingly productive and purposeful — Crazy Wisdom thrived under her management. For 2½ years, Sarah ably took responsibility for the myriad details of running a retail store which combines 9,000 book titles, 100 varieties of incense, 40 kinds of crystals, cards, music tapes, as well as art objects and jewelry embedded with the symbolism of the world's spiritual and indigenous traditions. She mastered all that she set out to do, and in her 'spare time' she read many of the store's Buddhist, Holistic Health and Fiction titles. Then, Sarah took a job as an editor at a local publishing house, and since that time has continued working part-time at Crazy Wisdom. Even on a part-time basis, she makes sure that the trains run on time. We have been enormously grateful that she has continued to make a place for the store in her life.*

Sarah was raised in nearby Plymouth, and graduated from the University of Michigan with a degree in Art History. In addition to her two jobs, she is also studying Holistic Nutrition through the Clayton College of Natural Health. She was married last April to Louis Daher, and they're expecting a child in January. She loves to read, garden, watch movies, take walks in the woods, and play with her dog, Coda. We asked her to write about her experience of Crazy Wisdom:

When I consider what Crazy Wisdom means to me, a feeling of pure, ever-present love wells up in my heart. During the past five years, the store has offered abundant peace, safety, and acceptance no matter what was occurring in my life. More than simple square footage housing lots of books, this space has brought me through very challenging times when I've needed spiritual sustenance. I often come into the store early before I open to light some incense, sit on the bench near the Buddhist section, and simply breathe. Although I'm working only once or twice per week now – or maybe because of it – I'm so grateful to be able to be here, to be part of this oasis unlike any other place I know. Crazy Wisdom always has some gift to offer – a new path to study, an unexpected lesson, an enchanted crystal, tranquil or energizing music. I wouldn't exchange anything for the growth that the store has catalyzed and nurtured in me, and I see that resonant in others as well – both in customers and staff. It's truly a blessing to be part of this family and I'm certain the welcoming haven of Crazy Wisdom will always be a significant part of my spirit.

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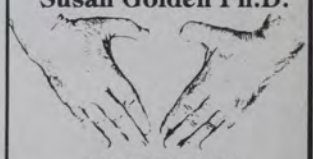
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Notes and Comments

Yes, Crazy Wisdom Bookstore is still moving…it just all takes time! Construction began in earnest in early August, after many months of dealing with the architectural and engineering plans, City Building Department Permits, Historic Commission approvals, subcontractor bids, 'value re-engineering' and so on. The building we've purchased and will be moving into has been completely gutted and is being virtually re-built: new electrical, new heating and ventilation, new plumbing, new roof framing and new roof, new front and rear facades, new stairs, an elevator for accessibility, a sprinkler system for fire safety.

Now that the building construction is underway, we're finally able to turn our attention to the bookstore – the new bookshelves which need to be built, the purchase of equipment for the TeaRoom which will be on the 2nd floor, the interior design of the store. The most important element to us is that the new Crazy Wisdom Bookstore be as comfortable, appealing and friendly as the current Crazy Wisdom Bookstore. On Main Street, we'll be surrounded by banks, but no matter, we shall remain a countercultural oasis! It's unlikely that we'll be in the new store until the beginning of 1999, but until then you'll still be able to find us at our lovely little hole-in-the-wall on Fourth Avenue.

This issue of *The Crazy Wisdom Calendar* has more than 250 classes and workshops listed in the calendar section, and we've added new sections, such as *Mothers and Daughters, Deep Ecology, Intimacy and Relationships, Differently Abled, Intuitive Awareness*, and even a section for *the Labyrinth*. If you're looking to deepen your consciousness, there is more than meets the eye going on in the Ann Arbor region.

By the way, we welcome new contributors to *The Calendar*. In particular, we could use the talents of a pen-and-ink artist and/or an illustrator. And new writers are always welcome.

Two months ago, my wife, Ruth, gave birth to our second child, Juliana. We're delighted and grateful to have her in our lives. Yesterday, for the first time, I saw Juliana in a new double stroller with her older brother, Sam. The two children were looking up at me, one with brown eyes and titian colored hair, and our newborn with dark hair and blue eyes. Seeing them side-by-side, I understood, better than I had understood before, that I am the father of two children, two small and dependent beings who look up to me. Soon it will be Fall again in Ann Arbor, but for these two children time moves more slowly, more magically. If only I can remember the world through a child's eyes.

~Bill Zirinsky

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photographs by Linda Lawson, unless otherwise noted. Transcribing of interview: Abbie Stahlin. Cover design: Molly Nuzzo. Contributing Editor: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the following books: *A Guide for the Advanced Soul* by Susan Hayward, and *Zen Soup* by Laurence Boldt. They're both available at Crazy Wisdom.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

COMPREHENSIVE PROGRAM

PEACEFUL DRAGON SCHOOL OF T'AI CHI CH'UAN

T'ai Chi Ch'uan
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- Teens (13-17)

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for free calendar submissions for the January thru April, 1999 issue is Friday, November 13th, and the deadline for paid advertising is Tuesday, December 2nd. The issue will be distributed starting the week of December 21st. 4,000 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 734-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104.

Calendar Highlights for September to December

1) **Layne Redmond**—September 12
(Author of *When the Drummers Were Women*)
(See Drumming Section)
2) **Storytellers Retreat '98**—September 18
(See Storytelling)
3) **Stephanie Mills** — September 19
(Author of *In Service of the Wild*)
(See Deep Ecology)
4) **A Call to Intimacy with Malidoma and Sobonfu Somé**—October 2
(See Intimacy and Relationships)
5) **James Redfield** (Author of *The Celestine Prophecy*) — Oct. 9
(See Intuitive Awareness)
6) **Shepherd Hoodwin**—October 20
(Author of *The Journey of Your Soul*)
(See Channeling)
7) **Exploring the Labyrinth**—October 24
(See the Labyrinth section)
8) **Ngak'chang Rinpoche**—October 30
(Author of *Spectrum of Ecstasy*)
(See Buddhist Teachings/Buddhist Meditation)
9) **Life Forms and Ritual Movement with Antonio Francesco**—October 30
(See Movement and Dance section)
10) **Dimensions in Light Festival**—November 1
(See Conferences, Fairs and Festivals)
11) **Caroline Myss** (Author of *Anatomy of the Spirit*)—November 4
(See Energy Healing section)
12) **Balancing Mind, Body & Spirit Conference**—Nov. 7
(See Conferences, Fairs and Festivals)

The Crazy Wisdom Calendar

Alternative Building Methods

Natural Building Workshops with Deanne Bednar • Sept. 26–27, 9:30–5:00 • Explore alternative building methods. Participate in the building of a straw-bale structure. $15 each day. For registration and volunteer opportunities, call Upland Hills Ecological Awareness Center at 248–363–1756, ecoartdb@aol.com.

Aromatherapy

Aromatherapy with Duane Karr • Nov. 3, 10, and 17, 7:00–8:30 p.m. • Learn the secrets behind the healing and relaxing qualities of herbs and flowers, and look forward to keeping calm this fall term! $40 plus $5 materials fee. Call Leslie Davis of Pierpont Commons Arts and Programs at 764–7544, serapion@umich.edu.

How You Can Age-Proof 40+ Skin Using Aromatherapy with Rose M. Beres • Nov. 2, 7:00–9:00 p.m. • Wrinkles, dry/flaky skin or oily skin? Discover the hidden powers of nature's pure essential oils to revitalize your skin. Learn which oils stimulate cell regeneration at the cellular level for sun-damaged skin and maturing skin, and balance combination skin. You will select and take home a blend of pure oils for your unique skin care program. $20. Call Ageless Wisdom at 734–207–5310.

> "The measure of mental health is the disposition to find good everywhere."
> - Ralph Waldo Emerson

Art & Craft

Magickal Craftings: Hands on Fun for Womyn with ShuNahSii Rose • Oct. 18 and Nov. 15, 1:00–4:00 • To nurture heart, hands and mind is to educate the whole being. These one-time workshops will share lots of fun ideas for gifts and personal pampering. The first class will focus on moon-time comforts. The second class will focus on dreams. Come play together and make balms, teas, amulets and treasures for self or sisters. $30–$45 sliding scale includes materials. Call 761–9148.

Creating What You Want through Energy Drawing with Anita McKay • Nov. 14, 2:00–4:00 • Using white or colored pencils on black paper, we will draw the energy of something we want. Then reinforce this by accessing and drawing past and future energies that support our having it. No artistic experience is necessary. Materials provided, but bring colored pencils if you have them. Sponsored by Essence Point. $22. Call 741–0478.

Piece Work – Soul Work with Therese Craig and Carla Pitchford • Nov. 20–22 • This weekend invites participants to renew their spirit by creating a simple quilted wall hanging. Facilitators believe that piece work and soul work go hand in hand – that both are creative acts of the individual spirit. Spirituality will be discussed and deepened through small group sharing, journaling, reflection, and creative expression. $100 includes a $35 deposit. Call Weber Center at 517–266–4000, Webercentr@aol.com.

Knitting Workshop with Annre Vroom • Wednesdays, Oct. 7–Nov. 11, 7:00–8:30 p.m. • No experience necessary! Learn basic knitting techniques and enough finishing to create a sample scarf which can be donated through the U of M Knit-Wits to a needy community. $40 plus $6 materials fee. Call Leslie Davis of Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

Wisdom of the Whirling Wood: Ancient Art of Sacred Fire-Making with Bob Bodi • Aug. 29, 9:00–5:00 • Workshop for making the bow and drill. Learn the physical skill as well as the spiritual symbolism behind this sacred gift. $40. Call Upland Hills Ecological Awareness Center at 248–693–1021, uplandhills@igc.apc.org.

Native American Drum-Making Workshop with Jorge Arenivar • Nov. 7, 9:00–5:00 • Find your own voice through your own personal drum! High quality round or octagonal drums with intricate, tight design. $125 for 14" drum, $140 for 16", $160 for 18". Call Upland Hills Ecological Awareness Center at 248–693–1021, uplandhills@igc.apc.org.

Creating from Your Internal Symbols with Shacha Kali • Six Wednesdays, Sept. 16–Oct. 21 or Nov. 4–Dec. 9, 7:00–9:00 p.m. • A time when we will unfold and allow our symbols to be recreated on paper. Writing and music will also be tools to create imagery from our internal symbols. Charcoal, ink, and color are the mediums, but your memories, perceptions, energy, and inner voice act as the paint brush. $100 per session. Call 484–1176, IMShacha@earthlink.net.

Converse and Create with the Artists of History with Shacha Kali • Six Saturdays, Sept. 19–Oct. 24 or Nov. 7–Dec. 12, 12:30–3:30 • We'll look at the history of art and choose one to three artists to focus on. How did the death of Monet's wife influence his use of color? How was Whistler a revolutionary? What is the significance of Kahlo's Mexican culture to her art? Why were Picasso's women always weeping? Who is contemporary artist Brenda Goodman and how does her memories form her art? We'll then recreate a piece in the style of that artist. We will learn about artists' personal lives as well as how they viewed the world and their ideas. Mixed media supplies will be discussed in the first class. $120 per session. Call 484–1176, IMShacha@earthlink.net.

Astrology

Astrology I with Richard Smoot • Tuesdays, Sept. 15–Nov. 17, 7:30–9:30 p.m. • Introduction to astrology integrated with Taoism. $125 pledging Lighthouse member or $150 non-pledging. Call Nirmala at the Lighthouse Center at 663–2218.

Astrology and Relationship Series with Simran • Class I: Sept. 21, 6:30–9:00 p.m.: Beginnings of Relationship: Masculinity and Femininity within the Self. What do you need, want, and desire in relationship? What kind of relationship does your self-identity permit? Class II: Oct. 7, 6:30–9:00 p.m.: Self and Other. Clarify what you have to give and what you desire to receive in relationship. There will be direct structured experience with other participants based on the birthcharts of all in attendance. Class III: Nov. 8, 2:00–4:00 p.m.: Relationship themes in the Zodiac. Identify your own major themes in relationships and those of the potential mates you are attracting: perfection vs. reality, freedom vs. commitment, etc. $60 for all three classes if paid by Sept. 14, or $40 for Class I, including a computer-generated chart and natal interpretation; subsequent classes are $20 each. Call 480–7778, astrosimran@hotmail.com.

Four Pillars of Destiny with Jennifer Johnson and Lynn Meadows • Oct. 17, 3:30–5:30 p.m. • Gain new insights to your life and destiny through this ancient Chinese traditional system of astrology. Through the analysis of your birth date and time, you can achieve greater understanding of the elemental (metal, wood, water, fire, earth) influences in your life and how to support and enhance your life force through the simple use of color, shape and other energy dynamics. This class is one of 3 interrelated disciplines being taught the same day that may be taken alone or together, including Feng Shui, I Ching and Four Pillars of Destiny. $35. Call Lynn Meadows at 662–3446.

Remedial Astrology: Help and Guidance for Non-Astrologers with B. Rose Fine • Nov. 14 or Dec. 5, 2:00–5:00 p.m. • An opportunity for non-astrologers to gain a basic understanding of what's involved when they have an astrological consultation. This workshop will provide a basic overview of astrology, and a perspective for comprehending a birth chart interpretation, and the predictive methods used such as transits, progressions, solar returns, and horary. There will be a question and answer period, and tips for getting the most out of an astrological reading. Each participant will receive computer-generated natal chart interpretations and transit reports – over 25 pages of personalized astrological information. $25. Call 434–4555.

Astronomy

Diamond in the Sky at the Planetarium, Exhibit Museum of Natural History • Show opens Oct. 3 with shows every half hour, 10:30–3:30. Thereafter, Saturdays at 10:30, 11:30, 1:30 and 2:30; Sundays at 1:30 and 2:30 through Dec. 13 • An exploration of the autumn night sky using baseball as a motif: The Great Square in Pegasus resembles a baseball diamond. Narrated by writer and WJR radio personality Mitch Albom with play-by-lay announcer Frank Beckman and WUOM Michigan Radio's David Hammond. $3.25 for adults, $3 for kids and seniors. Call 764-0478 or 647-1381, mlinke@umich.edu.

Bodymind Therapies/Bodywork

Core Energetics with Jorge Arenivar • One Saturday per month beginning Sept. 12 for 9 months, 9:00-6:00 • Use of energy and consciousness-oriented body techniques to redirect intentions and liberate your core. $100 per session. Call Upland Hills Ecological Awareness Center at 248–693–1021, uplandhills@igc.apc.org.

twork Chiropractic Lecture Series with Robert Koliner • 8:00 p.m. • These talks provide introduction to the practice and philosophy of Network Chiropractic and an explanation of w this network of gentle chiropractic techniques can assist you to release physical, chemi- and emotional stress and achieve optimal health. Free. Call 761-5908.
ct. 14: Are we destined to live out our genetic pathologies?
ct. 28: Juvenile diseases like diabetes and the vertebral subluxation – Is there a link?
t. 12: Levels of Care – Stages in the process of recovering neural function.
t. 26: Network Chiropractic – Consideration of posture and its relationship to emotional tes.
v. 9: Dealing with health challenges as a growth experience.
v. 23: Life is the expression of tones.
c. 14: Chiropractic and its influence on health.
c. 28: Freeing the body of unwanted and unneeded stress.

yofascial Therapy/Structural Kinesiology Seminar with Jim Hackett • Sept.11–13, 9:00–00 each day • Soft Tissue Therapy for working with chronic tightness and myofascial pain. ructural Kinesiology will also be applied to an assessment of structural alignment, analyz- the muscles involved in postural distortion, and applying therapeutic exercise in the form stretching and strengthening to improve alignment and function. $325. Call 677–4430.

retch and Strengthen/Therapeutic Exercise Workshop with Jim Hackett • Sept. 26, 9:00–00 • Stretching and strengthening are two adjunctive modalities for the massage therapist nich offer a more complete and effective complement to the client's full recovery and reha- itation from chronic pain, postural stress and strain, injury and injury prevention. $100. Call 7–4430.

iatsu Workshop with Jane Anderson • Nov. 6–8, 8:30–5:00 each day • This introductory urse of the Japanese healing art (shi – finger, atsu – pressure) is a system for healing and alth maintenance. With its beginning in 200 B.C., it is widely practiced today. In class, the ident will learn basic oriental philosophy, location of meridians as well as some basic upressure that can be integrated into other massage work. $325. Call 677-4430.

euromuscular Therapy I Workshop with Jocelyn Granger • Dec. 11–13, 8:30–5:00 each y • Consists of the freeing and relief of chronically tense, contracted, and painful tissues. It an advanced form of massage therapy which requires a high degree of anatomical preci- on, specificity and skilled palpation. Neuromuscular Therapy provides more complete and fective relief from chronic pain and tension and an understanding of the principles and ilosophy of myofascial dysfunction. $325. Call 677–4430.

mple Stretching with Kirsten Mowrey • Sept. 17, 7:00–8:30 p.m. • This class will begin with personal body inventory, then talk about daily patterns and their role in discomfort, as well discussing ways to change such habits. We will end with a stretching routine for daily use. 0. Call Complete Chiropractic and Massage Therapy at 677-1900.

ody Sense Exercise with Judy Stone • Twelve Mondays, Sept. 28–Dec. 14, 6:00–7:00 p.m. • ovement from a variety of traditions that makes sense to your body – no jarring, strain, mpact, and connects you to your senses. Gentle stretching, breathing, work with sound to mprove heart health, immunity, flexibility, energy, mood and provide release of chronic ten- on. $56 for six weeks or $12 per session on a drop-in basis. Call Healing Thru Nutrition at 04–5549.

and Reflexology with Gillian Rogers through Lighthouse Center • Sept 12, 19 and 26, 10:00 m.–Noon • $60 pledge or $75 non-pledge. Call 996–9124.

eldenkrais: Awareness through Movement with Jesse Nichols • Saturdays, 10:00–11:00 m. • Ongoing awareness through movement lessons. $35 for four classes or $10 drop-in fee. all 913–1072, Jessenchol@aol.com.

ree Your Body and Enhance Your Day with Alice Greminger • Thursdays, 7:30 p.m. • lexander students learn a process of changing how to move, freeing them from tension atterns and regaining freedom of movement, balance and support we all knew as children. ctivities as varied as walking, computer work, performing and injury recovery and preven- on all benefit from Alexander study. Improve coordination while doing activities, freeing motions and creativity. Free introductory class. Class cost is determined by enrollment. $50 or five-hour weekend workshop. Call 665–0849.

ntroduction to the Feldenkrais Method: Free Public Workshop with Kathe Rogers • Sept. 3, 12:30–3:30 • Make the impossible, possible; the possible, easy; the easy, elegant. Provide ourself with the opportunity to discover how the gentle explorations of an awareness through novement class can teach you to move with greater ease and freedom. Appropriate for nyone who would like to move better regardless of age or physical condition. Free. Call 971–285, Kathart1@aol.com.

Awareness through Movement Segment with Kathe Rogers • Five Mondays, Sept. 14–Oct. 9 or Nov. 9–Dec. 14, 6:30–7:30 p.m. • Learn to move with a minimum of effort and maximum efficiency and change movement habits that create pain. The gentle explorations of an aware- ness through movement lesson provide relaxation and feelings of well-being while teaching you to move with greater ease. The classes are appropriate for anyone who would like to move better regardless of age or physical condition. $50. Call 971–5285, Kathart1@aol.com.

Belavi Facelift Massage Seminar with Nina Howard • Oct. 25–27 or Dec. 7–9 • This course is a dynamic hands-on training for professional health and skin care practitioners, such as massage therapists, bodyworkers, and estheticians. $650 includes professional products starter kit. Call 747-8517, belanina@IC.net.

Cranialsacral Therapy: An Intuitive Approach with Linda Diane Feldt • Mondays begin- ning Sept. 14 for 20 weeks • A beginning class in CST covering anatomy, theory, presence and basic practice. Emphasis is on developing sensitivity and intuition, as well as a solid ground- ing in application and scope of practice. Must have prior bodywork experience and time to practice between classes. $350–$500 sliding scale. Call 662–4902, holistic@adeptsys.com, www.adeptsys.com/holistic.

Buddhist Teachings/Buddhist Meditation

Sunday Services at Zen Buddhist Temple • Sundays • Morning meditation from 9:30–11:00 a.m. consists of two periods of meditation followed by a talk. Afternoon service from 5:00–6:30 p.m. has one period of sitting meditation followed by walking meditation, chanting, and a talk. Donation. Call 761-6520.

> "It is good to have an end to journey towards, but it is the journey that matters in the end."
> - Ursula Le Guin

Annual Great Green Yard Sale at Zen Buddhist Temple • Sept. 5, 9:00–5:00; Sept. 6, Noon–5:00; Sept. 7, 9:00–5:00 • This popular recycling yard sale offers furniture, household items, and books. Furniture includes couches, chairs, desks, mattresses, chests of drawers, tables, and more. Many items are donated by local property management companies and have been cleaned and repaired by Temple members and friends for resale and re-use. This is an ideal stop for students. Pick-ups begin Aug. 15. Call 761–6520.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Sept. 10, Oct. 29 or Jan. 14, 6:15–8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with breath, meditation postures, concentration, and mindfulness practice. $120 or $100 for students. Call 761–6520.

One/Two Day Retreats at Zen Buddhist Temple with Parang Geri Larkin • Oct. 16–17 or Nov. 13–14 • Sitting and walking meditation, vegetarian meals and rest – a day of silence. Choice of two configurations: $60 non-members or $50 members for Friday, 7:00 p.m. through Saturday, 5:00 p.m.; $50 non-members or $40 members for Saturday only, 8:00–5:00 • Call 761–6520.

Fall Video Series at Zen Buddhist Temple • Oct. 9, 7:30 p.m.: Feature-length film, Why Has Bodhidharma Left for the East? A transcendent evocation of the mystery and humanity of Zen Buddhism. Nov. 6, 7:30 p.m.: Documentary based on the conference of World Buddhism in North America featuring Joanna Macy, Robert Aitken-Roshi, Ven. Maha Ghosananda, and others. $3 donation. Call 761–6520.

Advanced Zen Meditation Course at Zen Buddhist Temple • Four Mondays beginning Nov. 9, 7:00–9:00 p.m. • This course if offered for those who have taken the Introductory Zen Meditation Course and would like further instruction. $160. Call 761–6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Dec. 4 at 7:00 p.m. through Dec. 5 at 4:00 p.m. • Learn meditation in retreat setting. This class is most helpful for people from out of town or those who cannot attend five Thursday evenings. $160 or $140 for students. Call 761–6520.

Twentieth Anniversary Open House at Karma Thegsum Choling Tibetan Buddhist Center • Sept. 27, 2:00–5:00 p.m. • An open house to get acquainted with the center and the Kagyu lineage of Tibetan Buddhism. There will be a short meditation followed by refreshments, and a chance to meet the members and find out abut upcoming classes and visits by Kagyu lamas. Free. Call 761–7495.

Guide to the Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Tuesdays beginning Sept. 22, 7:30 p.m. • Gelek Rinpoche provides teachings as commentary on this text by 8th century author, Shantideva. A bodhisattva is one who, having identified the relentless dissatisfaction we all face, determines to reach the level of enlightenment to help relieve all beings and provide happiness. Donations accepted. Call 994–3387 or 994–6139.

Lam Rim at Jewel Heart • Sept. 27, Oct. 25, Nov. 29, 1:30–3:30 p.m. • The Lam Rim is the essence of Buddha Shakyamuni's teachings arranged in a step-by-step outline. It is designed to help an individual integrate the points through analysis and meditation. The Lam Rim readily attends to all one encounters in our daily lives. Donations accepted. Call 994–3387 or 994–6139.

Meditation at Jewel Heart • Sundays beginning Sept. 13, 11:00 a.m.–12:15 p.m. • Concentration meditation taught according to the Tibetan tradition is directed at calming and stabilizing the mind with a development of collecting and maintaining focus. With awareness and calm, one can apply focus accurately with analytical meditation. Call 994–3387 or 994–6139 for cost.

Lord of Light: Amitabha Empowerment and Teachings with Khepa of Crazy Cloud Hermitage • Sept. 5, 10:00–4:00 • Empowerment for the generation phase practice of the Tantric deity Amitabha and teachings on the Feast Day practices of Amitabha. This teaching requires previous refuge in the Buddhadharma and/or interview. $30. Call Amrit at 741–1084 or 913–5417, pemako@rust.net.

Buddhism (continued on next page)

The Crazy Wisdom Calendar

Buddhism (continued)

Luminous Emptiness and Spontaneous Presence: Embracing the Dakini Principle with Khepa and Acala of Crazy Cloud Hermitage • Oct. 3, 10:00–4:00 • Part II of ongoing teachings on the profound sitting meditation practices of shamatha and vipashyana as tools for discovering the silence and luminosity of truth. This teaching will include transmission of the Kuntuzangmo (the primordial feminine principle) in Three Sphere's text of the Khandro Nyintig Ter tradition. $30. Call Amrit at 741–1084 or 913–5417, pemako@rust.net.

Teachings from the Aro Ter tradition of Dzogchen with Ngak'chang Rinpoche • Oct. 30, 7:00–9:00 p.m. and Oct. 31, 10:00–5:00 • Ngak'chang Rinpoche teaches the "startlingly simple and direct method of Dzogchen." His teachings embrace all aspects of life as ornaments of the path in our ongoing quest for the development of awareness and kindness. Exact nature of the teachings to be offered available by contacting Crazy Cloud Hermitage. $10 for Friday evening; $35 for Saturday. Call Amrit at 741–1084 or 913–5417, pemako@rust.net.

Other related classes and workshops may be found in the Meditation section.

Celebrations, Ceremonies & Rituals

Sunday Candlelight Ceremony at Lighthouse Center • Weekly, 6:00–7:00 p.m. • Candlelighting, Sanskrit chanting, mantra meditation, affirmations, thank you's, forgiveness, sending light. Free. Call Prachi at 449–4381.

Monthly Days of Sacred Space, Sacred Time with Visitation Staff • 9:30–2:30 • These sacred days will focus on the beatitudes as blessings, invitations and paradoxes. They continually challenge us to live more just and compassionate lives. Each day will include quiet time for prayer in the barn-chapel, optional sharing with others and a common meal. $20 per day includes lunch. Call 734–242–5520, visitation@teleweb.net.
Sept. 3: Blessed are those who are poor in spirit; the kingdom of heaven is theirs.
Oct. 1: Blessed are those who are mourning; they will be consoled.
Nov. 5: Blessed are those who are gentle; they will inherit the land.
Dec. 3: Blessed are those who hunger and thirst for justice; they will have their fill.

Fire Ceremony: Birth, Life, Death, Embodiment, Transformation with Phil Rogers • Date to be announced • The day will be spent in preparation for this ancient ceremony of cleansing and transformation (to be held in the evening). We will prepare for this giant leap forward using breathing and movement exercises, group processing and chakra reading (done with a partner), before each person prepares an offering for the ceremony. $45–$60 sliding scale. Call 769–6150 or 647–5123, cuzco@umich.edu.

Autumnal Equinox Ritual (Mabon): Healing our Parents and Children with Mateyo Empie, the Medicine Woman • Sept. 19, 6:45–10:00 p.m. • Day and night are of equal length; we are at the gateway of change, at the time when it is easiest to heal our links to the past (all our parents, inner and outer) and to the future (all our children, inner and outer). Join us in this energetic and symbolic working to reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. A potluck follows the ritual. $24 per person with a $5 discount if paid by Sept. 14. Call 663–5505 by Sept. 17. Snakewillo@aol.com.

Ritual for Samhain (Hallowe'en): Honoring our Ancestors and Lost Selves with Mateyo Empie, the Medicine Woman • Oct. 24, 6:45–10:00 p.m. • Autumn's chill, the melancholy of shortening days and dying vegetation are a reminder of life's preciousness. Join us in a spirit canoe voyage, fire ceremony and spiritual charging to heal issues surrounding our relationship to our ancestors and integrate parts of ourselves that may have become separated from us. We will reconnect with our deep selves and bring back restorative forces from our journey, producing immediate and practical changes in our lives. Time for divination (both by participants and a professional) will be provided after our usual potluck. $24 with a $5 discount if paid by Oct. 19. Call 663–5505 by Oct. 22. Snakewill@aol.com.

> "Perfect kindness acts without thinking of kindness."
>
> -Lao-Tse

Hallowe'en Ritual Teaching and Celebration with Bronwen Wildflower • Oct. 31, 8:00–10:30 p.m. • Hallowe'en is the time we move between the worlds and claim the ancestors a our allies for our journey into the midwinter darkness. This ritual for women only is an opportunity for sacred play and sacred work to prepare for this journey. The Goddess is alive and magic is afoot. $25 or $20 if paid by Oct. 24. Call 769–9014.

Halloween Party at Exhibit Museum of Natural History • Oct. 31, 6:00–8:30 p.m. • Live critters, including bats, snakes and spiders; bones; "haunted" planetarium; trick-or-treating; prizes for best costumes, etc. Spooky fun for families. $6 for adults and $4 for kids. $1 discount for Museum members. Proceeds to benefit the Museum. Call 764–0478, aharris@umich.edu.

Thanksgiving Eve Meditation at Lighthouse Center • Nov. 25, 7:00–8:30 p.m. • A spec meditation to give thanks through group consciousness. Potluck to follow. Free. Call Pra at 449–4381.

Advent Reflection: Come, Let Us Pray with Maribeth Howell • Dec. 5, 9:30–4:30 • During t hold season, when time is especially precious, you are invited to spend a few hours reflecti upon the wonders and the mysteries of our God. We will spend prayerful time together a apart, reflecting upon and being nourished by the Word. $40 includes a $15 deposit. C Weber Center at 517–266–4000, Webercentr@aol.com.

Light in the Darkness: Advent Reflection Day with Visitation staff members Judith Bon and Sally Gabany • Dec. 5, 9:30–4:00 • $35. Call 734–242–5520, visitation@teleweb.net.

Fourth Annual Winter Solstice Family Celebration with ShuNahSii Rose and Lori Fithi • Dec. 18, 6:30 p.m. • Join us for a celebration of the return of the light. An evening storytelling, songs and merriment. Children will participate in the beautiful candlelight ritu of bringing back the light after the longest night of the year. For the whole family. Bring a d to pass, place settings, musical instruments and be prepared to sing! $10 with children fr Call 761–9148.

Winter Renewal at Mulberry Farm • Dec. 19, 4:00 p.m. • Join us in welcoming back the sun we renew our bodies and spirits in the purification lodge. Join our voices in song and laugh and feast in friendship. $20. Call 734–783–3830, mulberryfarms@cdlcorp.com.

Yule Ritual (Winter Solstice): Birthing our Child of Promise with Mateyo Empie, the Me cine Woman • Dec. 19, 6:45–10:00 p.m. • Having passed through the gates of the otherwo at Samhain (Hallowe'en) and returned, we now are like an unborn child, finishing the assim lation of past lessons and looking forward to our mysterious future. Join us in a fire ceremo psychic energy raising, spiritual gift exchange, and rebirthing each other to the next level insight, thus reconnecting with the restorative energy of our deep selves and produc immediate and practical changes in our lives. A potluck will follow. $24 with a $5 discount paid by Dec. 14. Call 663–5505 by Dec. 17. Snakewillo@aol.com.

Christmas Eve Meditation at Lighthouse Center • Dec. 24, 6:00–7:30 p.m. • A celebration meditation of Christ's birth. Free. Call Prachi at 449–4381.

New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11:00 p.m.–12:30 a.m. • Relea the old year and bring in the new year in the highest vibration, with chanting and mant meditation. Potluck to follow. Free. Call Prachi at 449–4381.

Year End Service: Kindling Light of Wisdom Mind at Zen Buddhist Temple • Dec. 31, 7: p.m. • This beautiful candlelighting service provides an occasion to step back from one worldly involvements and take stock of one's life. We also offer a New Year's Day Service Jan. 1, 10:00 a.m. Everyone is welcome. Call 761–6520.

Channeling

Michael Speaks: Channeling by Shepherd Hoodwin • Oct. 20, 7:00–10:00 p.m. • Channel lecture on a subject spontaneously chosen by Michael based on consciousness of tho present, including a guided meditation and question/answer period. Transformative energ work. Powerful, insightful, inspiring. $30 or donation. Call Essence Point at 913–9830.

The Journey of Your Soul: A Michael Teachings Workshop with Shepherd Hoodwin • Oc 21–22, 7:00–10:00 p.m. • Discover how you set up your lifetimes. Gain grater self-understan ing and insight into your life path. $125 or $110 if registered by Oct. 1 includes Micha Reading Chart ($40 value). Call Essence Point at 913–9830.

John Friedlander Channels Seth • Sept. 18, Oct. 16, Nov. 20 • John acts as a conduit for ne versions of Seth. These versions are a focus of feminine power emerging from the planetar heart chakra. Seth, as channeled by John, offers a silent healing meditation, responds t personal questions and provides insight on world and cosmic events. Sponsored by Essenc Point. $10. Call 913–9830.

Open House Channeling Sessions with Aaron • Most Wednesdays beginning Sept. 23 Aaron is a "Being of Light," a deeply loving and wise spirit who reaches with humor an compassion. He is channeled throughout the world by Barbara Brodsky. At each weekl session, Aaron will give a talk and there will be a time for questions and answers as well as social period. Donations accepted. Call Deep Spring Center at 971–3455.

Light Transmission with Sandia • Third Sunday of each month, 10:30 a.m.–Noon • A medita tive program geared towards light workers which features transmissions by group energie (The Great Ones) to group energy with intent of uplifting self and humanity. $25 include communal brunch afterward. Call 484-4840.

In Symphony with Angels with Shirada through Ageless Wisdom • Wednesdays beginnin Sept. 16, 7:00–8:30 p.m. • Come and be soothed and have your spirit expanded through the loving presence and teachings of Archangel Michael, the Archangels, angels and Ascende Masters. This is an ongoing, progressive channeled series which meets weekly with the intent of expanding your consciousness, accelerating your spiritual growth and bringing you into alignment with your soul's purpose for being in the earthplane at this time. $15 pe lecture. Call Rose Beres at 207–5310.

Childbirth Preparation

Childbirth Preparation Classes with Patty Brennan • Tuesdays, Nov. 10–Dec. 15, 7:00–9:15 p.m. • Share in a midwife's experience with normal birth. Sex-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $165 per couple. Call 663–1523, gbrennan@umich.edu.

Chronic Illness and Chronic Pain

Support Group for Family and Friends of People with Chronic Illness and Pain with Erica Dutton • Two 1 1/2 hour sessions offered several times between Sept. and Dec. • When a loved one becomes ill, family and friends have their own challenges. They face many emotional reactions, heavier responsibilities and often feel alone. Meet with other people to share experiences and learn new ways of coping. $45. Call 677–3056, eldutton@aol.com.

Counseling Group for Women with Chronic Illness or Chronic Pain with Erica Dutton • Mondays, 4:30–6:00 p.m. • This weekly group is open to adult women with any kind of chronic illness or chronic pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to re-evaluate your life and create a new one. This group focuses on picking up the pieces, moving forward and creating a new, satisfying life for the future. Come and share experiences and learn from other women. $35 per session. Call 677–3056, eldutton@aol.com.

Support Group for Persons with Chronic Disease with Sara Schreiber • Six Mondays beginning Sept. 14, 2:00–3:30 and or six Tuesdays beginning Sept. 15, 5:00–6:30 • Six-week class using drama therapy and improvisation to help ease discomfort and despair which often accompanies chronic disease. Helps to assist ways of being in the world using humor and improvisation to minimize suffering and depression. $350 for six weeks with insurance accepted. Call 662–1450.

Conferences, Fairs & Festivals

Balancing Mind, Body and Spirit for Total Well-Being Conference: A Mind/Body/Spirit Seminar in cooperation with the Association for Humanistic Psychology and Supported by Crazy Wisdom Bookstore • Nov. 7, 8:15–5:30 • Join a gathering of kindred spirits for a full day of exploring, healing and expanding the human mind, body and spirit. Twelve empowering workshops, keynote presentation and opening and closing ceremonies. $95 or $85 for AHP members, students and seniors. Some scholarships available. Call Cathy Mercer at 663–3574, rsienicki@ameritech.net or www.ameritech.net/users/rsienicki/mind.html.

An Integrative Approach to Health using Alternative and Complementary Therapies with Keynote Speaker Jay Sandweiss • This presentation will explore the biochemical, structural and emotional/energetic aspects of healing.

Opening Ceremony: Flying Dance Meditation with Tom Kuzma and Alani Galbraith-Kuzma • This graceful and powerful energy-awakening dance, based on the infinity symbol, speaks to our ancient body, teaching alignment, empathy and expansion.

Closing Ceremony: Dances of Universal Peace with Siddiq John Middlebrooks and Majida Sylvia Middlebrooks • This group experience seeks to open the heart to peace and unity through dance, music and sacred phrases from the world's spiritual traditions.

Workshops:

A1: Discover Lomi: Sacred Hawai'ian Bodywork with Tom Kuzma and Alani Galbraith Kuzma • This ancient healing art reduces muscular tension, rejuvenates the soul and facilitates self-discovery and change through heart-centered energy-balancing bodywork.

A2: How to Feel Good about Yourself when Your Partner Leaves You and You Screw Up at Work and Your Dog Barks at You and. . . with Bob Egri • You will learn a simple strategy for understanding and rooting out the causes of your distress as well as how to love yourself unconditionally.

A3: Information unavailable.

A4: Honoring Your Creativity: Introduction to The Artist's Way with Sue Webster McDonald • We will explore the role of the creative self in balancing and harmonizing the talents and energies that are necessary guides for spiritual growth.

B1: Accessing Your Inner Wisdom with Sheila Ritter • Participants will find their own answers to their life questions through music, sound, movement, imagery, meditation and writing.

B2: Phoenix Rising Yoga Therapy: Bridge between Body/Mind/Heart/Spirit with Julie Wolcott • Combining supported classical yoga postures with elements of modern mind/body psychotherapy, this healing art focuses on breath and moment to moment awareness.

B3: Experience Tai Chi and Chi King with Wasentha Young • We will focus on how to connect with the harmony of Nature and warding off harmful effects of stress through exercise using Chi Kung, a type of Chinese yoga, and Tai Chi, a Chinese movement form known as "meditation in motion."

B4: Holistic Healing using Homeopathy and Acupuncture with James Neuenschwander

C1: The Ideal Diet with Suzie Zick • We will focus on the concepts of an ideal diet, the role of protein and fat and dietary fads such as the Zone Diet and Eat Right for Your Type.

C2: Shamanic Journeying with Cyndi Power• You will learn your Power Animals and Spirit Guides, how to journey for yourself and others and how to travel beyond the limitations of space to retrieve answers to personal questions.

C3: Mindfulness-Based Approach to Coping with Stress, Pain and Illness with Glenn Burdick • Learn to bring a meditative awareness and understanding to the full experience of life and develop greater patience, self-compassion and acceptance.

C4: Introduction to Hellerwork and the Trager Approach with Anne Carbone and Villabeth Taylor • Explore how great your body can feel in an experiential demonstration and discussion comparing these two dynamic bodywork styles that release chronic tension and promote lightness, grace and balance in body and mind.

C5: Enhancing the Healing Process through the Body-Mind Connection with Kim and Steven Falcone • Learn how to create a powerful communication between your body and mind.

Dimensions in Light Festival with Lighthouse Center at the WCC Morris Lawrence Building • Nov. 1, 11:00–8:00 • Metaphysical festival with astrologers, bodyworkers, vendors, readers, free lectures and activities for children. $5. To volunteer to get in free, call 517–423–4382. To be a vendor, reader or bodyworker, and for more information, call Nirmala at 663–2218.

Crystals

Crystal Energy I with Mateyo Empie, the Medicine Woman • Six weeks beginning Sept. 21 or Nov. 9, 7:30–10:00 p.m. • Make friends with several varieties of the most ancient beings on our planet, the stone people, and learn to use their power to tune, amplify and direct our healing energies. Emphasis will be on developing our healing intuition in a fun, supportive environment while learning psychic sensitivity; choosing, clearing and programming crystals; and diagnosis of the body's auric structures. $170–$230 sliding scale with the first meeting free. Fee includes set of healing stones. Call 663–5505, Snakewillo@aol.com.

> "You will have wonderful surges forward. Then there must be a time of consolidating before the next forward surge. Accept this as part of the process and never become downhearted."
>
> - Eileen Caddy

Deep Ecology

Earth Awareness: Being in Communion with Our Sacred Body with Bronwen Wildflower • Sept. 27 or Oct. 20, 9:30 a.m.–Noon • This class is an opportunity to be intimate with the earth and her creatures, and to experience right relationship with ourselves and the earth. Experience the magic of being present in your body on the earth; identify the abundance and safety which you are offered by nature. Experience being a nature mystic. $25 or $20 if paid seven days in advance. Call 769–9014.

Deep Ecology and Sense of Place: Changing Our Worldview, Locating Home with Stephanie Mills • Sept. 19, 10:00–5:00 • An exploration of the wildly diversified body of thought called deep ecology and how it related to our bioregion. $70. Call Upland Hills Ecological Awareness Center at 248–693–1021, uplandhills@igc.apc.com.

Differently Abled

Living Fully with Disability with Judith Bonini and Jean Ann Campana through Visitation: A Center for Prayer and Spirituality • Sept. 17, 10:00 a.m.–Noon • This is a time for persons who live with a disability or who experience chronic pain to gather for prayer and sharing. $5. Call 734–242–5520, visitation@teleweb.net.

Sign Language with the Office for Students with Disabilities, University of Michigan • Date to be announced • Signing is the third most spoken language and opens up communication between hearing and non-hearing people. An instructor from the Office for Students with Disabilities will teach you the principles of this language and show you how to be comfortable with basic sign language. Learn how to invite someone for a cup of coffee! $40. Call Leslie Davis at 764–7544, serapion@umich.edu.

Dreamwork

Dream Sequence: A Class for Womyn with ShuNahSii Rose • Sept. 7, 14 and 21, 7:00–9:30 p.m. • As we approach the Autumn Equinox and the turn inward that the colder months inspire, our dreams reach to speak to us from the depths of our beings. We will explore techniques to help us remember and understand our dreams, the process of a tarot "dream reading" and make a dream pillow with herbs to soothe and deepen dreams. $65–$90 sliding scale includes materials. Call 761–9148.

Dream Interpretation with Rebecca Mullen • Thursdays, Oct. 8–Nov. 12, 7:00–9:00 p.m. • Dreams come to us for the purpose of healing. The process of exploring dreams usually awakens a personal dialogue with the self and leads to discovery. Students will be encouraged to share their dreams and investigate their symbolic meaning, both personal and collective. Instructor's orientation is Jungian and transpersonal. $40. Call Leslie Davis at 764–7544, serapion@umich.edu.

Dreams: Their Healing Power and Spiritual Dimension with Rebecca Mullen • Sundays or Mondays, 7:30–10:00 p.m. • Dreams reveal unknown aspects of our psyche and often unknown parts of ourselves. They expand our conscious awareness. $5–$10 sliding scale. Call 662–5925.

The Crazy Wisdom Calendar

Drumming

Drumwomyn: An Orchestra of Drums for Lesbian Women and Friends • First and third Sundays of each month • As we learn intricate rhythms, parts are put together to create a greater whole. Our focus is to provide diversified experience with the drum while in a social situation. Besides lessons, practices, workshops and the occasional performance, we hold celebratory and spiritual events, visit other drum groups, orchestras and circles, attend events predisposed to drumming and go to concerts that feature performing drum artists. Nominal cost for group lessons. Call Kim at 994–3242.

Women's Drumming Circle at Mulberry Farm • Oct. 2, Nov. 6 and Dec. 4, 7:30 p.m. • All are welcome. Join us in sharing drum and voice in the spirit of sisterhood. $3. Call 734–783–3830, mulberryfarms@cdlcorp.com.

Drum the Heartbeat with O. Andrew Schreiber • Sept. 26, Oct. 17 or Nov. 14, 1:00–4:00 p.m. • Beginning hand drum workshops for people who want to learn basic hand positions and rhythms. Open to all levels. We will use rhythmic games, improvisation, and other fun techniques for opening our hearts to the rhythms of life. $20–$40 sliding scale. Call 973–6975, andrew@amerinet.com.

Absolutely Beginning Drumming for Womyn and Girls with Lori Fithian • Sept. 12, 11:30 a.m.–2:00 p.m. • Find out what all the drumming is about! You will learn how to feel rhythm in your body and to use your hand to speak through a drum. If you are convinced that you don't have rhythm, this class is for you. You don't need a drum. Absolutely no experience is best. Mother/daughter teams encouraged. $20. Call 761–9148.

***When the Drummers Were Women: A Spiritual History of Rhythm* Slide Lecture and Concert with Layne Redmond** • Sept. 18, 7:00 p.m. • Layne will share a wealth of historical images of frame drummers since the Paleolithic. Stories of ancient Goddesses and their priestesses who played the frame drum in their rituals. Joining Layne in concert is percussionist Tommy Brunjes. $10. Call 761–9148.

Intensive Frame Drum Workshop with Layne Redmond • Sept. 19, all day and evening, Sept. 20, morning • In-depth exploration of the frame drum, the first drum. Technique, historical uses, movement meditations and more. $125–$175 sliding scale for both days. Call 761–9148.

Womyn Continuing on the Drummer's Path: A Four-Week Course with Lori Fithian • Oct. 5, 12, 19 and 26, 7:00–9:00 p.m. • For womyn who have some drumming experience. We will continue working on basic techniques, learn ne rhythms, improvisation and soloing; sing and drum at the same time; learn to read music rhythms. And kind of hand drum is okay. $60–$80 sliding scale. Call 761–9148.

Womyn's Drum and Song Circles with ShuNahSii Rose and Lori Fithian • Sept. 25, Oct. 23, Nov. 20, 7:30 p.m. • Drumming, singing, dancing, storytelling and more. A chance for all womyn and girls (no musical experience necessary) to gather in circle and celebrate ourselves. $10. Lori will be teaching a drumming class at 6:30 for those interested in the drum for an additional $10. Call 761–9148.

Saturday Afternoon and Drum Rhythm Workshops for Womyn and Girls with Lori Fithian • Sept. 12, Oct. 17, Nov. 14, 2:30–5:00 p.m. • Come experience the healing and transformation that happens when womyn drum, move and sing together. We'll focus on drumming techniques so that we may begin to build a womyn's drum culture here in Ann Arbor. Bring what you learn here to our monthly drum circles. $20 per class. Call 761–9148.

Energy Healing

Energy Healing with Carolyn Myss through Church of Today • Nov. 4, 1:00 and 7:30 p.m. • 60 minute talk on the subject of her book, Why People Don't Heal. Greeting and autograph line afterwards. $10 suggested donation. Call 810–758–3050, www.churchoftoday.com.

Introduction to Integra with Rev. Dr. Janet Nagy • Sept. 18 or Oct. 9, 7:30 p.m. • This is an introductory evening to the Integra program. Integra is a well-crafted, eclectic, interdisciplinary curriculum designed to deepen understanding and experiential knowledge in the healing art for health professionals and sincere lay persons. $25 which is applicable towards your first consultation. Call Mulberry Farm at 734–783–3830, mulberryfarms@cdlcorp.com.

Direct Energy Work with Sandia • Second and fourth Saturday of each month, 10:30 a.m.–Noon • Through a series of individually concentrated and group healing sessions, the physical and etheric bodies are brought into balance and aligned with the light body, creating inner illumination, mental clarity and an open heart at will. Communal tea afterward. $25. Call 484-4840.

Energy Healing Artists with Sandia • Ongoing weekly • Experiential group for alternative practitioners just beginning practice, for established practitioners wanting to expand their practice into energy work or for traditional practitioners intending to add another dimension to their work. $25. Call 484-4840.

Beginning Chakra Class with Chetana of Lighthouse Center• Mondays, Oct. 19–Dec. 7, 7:00–9:30 p.m. • Introduction to and empowerment of mantras for the seven energy centers. Prerequisite: Chetana's introductory meditation lecture and two months of mantra meditation. $100 pledging member or $125 non-pledging. Call Prachi at 449–4381.

Photo by Linda Lawson

Percussionist O. Andrew Schreiber

Healing Night at Lighthouse Center • Third Wednesday of each month, 7:00–9:30 p.m. • Hands-on Reiki healing open to the public. Free. Call Prachi at 449–4381.

Healing Essentials with Ray O. Golden of Center for Intuitive Health • Wednesdays, Oct. 21–Nov. 11, 7:00–9:30 p.m. • This workshop provides powerful and subtle healing and processing techniques to complement energy healing techniques. It is beneficial for working with others and doing personal work. $100. Call 663–6075.

Enneagram

The Personality Enneagram: a Transformational Tool with Nancy Warren • Oct. 17 and 24 and Nov. 7, 10:00–4:00 • Through experiential exercises, storytelling, didactic material, meditation and example, we will explore this multifaceted, ancient, psychospiritual system. Participants will gain a clear, internal understanding of the nine types and their sub-types as well as a greater appreciation of and compassion for themselves and others. $150. Call 449–8133.

Feng Shui

Feng Shui Basics with Jennifer Johnson and Lynn Meadows • Oct. 17, 10:00 a.m.–Noon • Create harmony in your space to promote harmony in your life through the ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive 3 Feng Shui adjustments to implement in their home or office. This class is one of 3 interrelated disciplines being taught the same day, including I Ching and Four Pillars of Destiny. $35. Call Lynn at 662–3446.

Feng Shui Fabrics for Interiors and Fashion with Lynn Meadows • Oct. 20, 7:30–9:30 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environments and support your apparel choices. Feng Shui looks at the 5 elements and yin/yang qualities of an existing situation and make adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalance environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $35. Call 662–3446.

Healing Practices

Empowerment Healing I with Mateyo Empie, the Medicine Woman • Six weeks beginning Sept. 21 or Nov. 9, 7:30–10:30 p.m .• Introduction to healing practices ancient and modern. We will learn grounding, creating sacred space, astral journeying, feeling and channeling healing energy, setting psychic boundaries in relationship, raising energy, the fire ceremony, types of spirit guides, crystals, vitalizing and repairing the aura and other practical tools to joyfully heal and empower ourselves. A fun class with concrete results, it is the first in a year-long series around the four directions of the Medicine Wheel. We will confirm what we know already with the wisdom of the ancients. $170–$230 sliding scale with the first meeting free. Call 663–5505, Snakewillo@aol.com.

Photo by Linda Lawson

The Wise Woman Tradition and the Nature of Healing with Linda Diane Feldt • Wednesdays, Sept. 9–Oct. 28, 7:10–9:40 p.m. • An exploration of The Wise Woman Tradition and philosophy using discussion, art, music, ritual, stories and more. A highly participatory class for exploration and transformation. $80–$120 sliding scale. Call 662–4902, holistic@adeptsys.com, www.adeptsys.com/holistic.

Herbs, Plants & the Garden

Fall Gardener's Sale • Sept. 12–13, 10:00–4:30 • Ninth annual event. The public may purchase a variety of trees, shrubs, flowering plants and bulbs. Call 998–7061.

Bonsai Show presented by the Ann Arbor Bonsai Society • Sept. 19–20 • $2. Call 998–7061.

African Violet Show and Sale presented by the Michigan State African Violet Society • Oct. 10 at 10:00–4:30 and Oct. 11 at 11:00–4:30 • Free. Call 998–7061.

Herbal Wisdom at the People's Food Co-op with Linda Diane Feldt • Sept. 1, Oct. 6, Nov. 3, Dec. 1, 7:30–9:30 p.m. • The September class is Distinguishing between Nourishing and Medicinal Herbs. The October class is Herbal Allies for Menopause. The November class is Making Tinctures and Salves. The December class is The Myth of Fasting: Herbs for Nourishment Not For Punishment. Free. Call 662–4902, holistic@adeptsys.com, www.adeptsys.com/holistic.

Herbal Wisdom Two Year Certificate Program with Linda Diane Feldt • Date to be announced • A two year, 350 hour program including class time, individual study, gardening, wild harvesting, research and more. Based on herbal folk traditions emphasizing hands-on and participatory approaches to health and wellness and the wise woman tradition. Call 662–4902, holistic@adeptsys.com, www.adeptsys.com/holistic.

Holistic Health

Yesterday's Health – Today's Solution with Dr. Shri Gupta • Oct. 11, 1:30–5:00 p.m. • A mini-symposium on non-invasive alternative medicine approaches for chronic and immune disorder related illnesses. Some testimonials will be provided. $10 or $13 on-site. Call 973–3189.

Natural Approaches to Depression with Judy Stone of Healing Thru Nutrition • Mondays, Nov. 9–Dec. 14, 7:45–9:15 p.m. • Support group with focus on learning about natural treatments for depression that can be used as an alternative or in conjunction with anti-depressant medication. St. John's Wort, 5-HTP, nutrition, light therapy, body integrative movement are among the topics covered. Also an opportunity to be open with others about the experience of depression. $150. Call 994–5549.

Homeopathy

Getting Started with Homeopathy with Peggy Beals • Tuesdays, Sept. 22–Oct. 13 or Oct. 20–Nov. 10 • The aim of this course is to provide an understanding of homeopathy concepts and reasoning to prepare you to be an intelligent consumer. Three homeopathic medicines will be discussed so that you will be able to use them for minor first aid situations. Handouts will be provided. $40 for four sessions. Call 475–0406.

Introduction to Homeopathy with Patty Brennan • Tuesdays, Sept. 8–29 or Mondays, Oct. 12–Nov. 2 or Nov. 23–Dec. 14, 7:00–9:00 p.m. • Come learn about homeopathy – a 200-year-old system of healing with natural substances. We'll explore the principles of homeopathy and their application. CEUs for nurses available. $50. Call 663–1523, gbrennan@umich.edu.

Herbal and Homeopathic Remedies for Children's Health Care with Patty Brennan • Nov. 21, 9:00 a.m.–3:00 p.m. • What are some natural remedies that can be helpful in treating common ailments of children – from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries, acne and emotional imbalances. $65 per family. Call 663–1523, gbrennan@umich.edu.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan • Dec. 12, 9:00 a.m.–Noon • Discussion centers on a consumer approach to childhood diseases and available vaccines. Topics include vaccine effectiveness, known risks of the illness vs. vaccine risks and suspected adverse effects on the immune system. Emphasis is placed on the prevention and treatment of bad vaccine reactions, your legal right to waive vaccines for your children and homeopathic alternatives to vaccines. $35 per family. Call 663–1523, gbrennan@umich.edu.

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast • $45. Call Castle Remedies at 973-8990. MTillingha@aol.com.
Session A: Sept. 9 and 16
Session B: Sept. 21 and 28
Session C: Oct. 7 and 14
Session D: Oct. 22 and 29
Session E: Nov. 4 and 11
Session F: Nov. 23 and 30
Session G: Dec. 3 and 10
Session H: Dec. 14 and 21

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil, and handouts. Call 741–9706.

Intimacy & Relationships

Dressing the Wounds of Human Relationships: A Call to Intimacy with Malidoma and Sobonfu Some • Oct. 2, 7:30 p.m. or Oct. 3, 10:00–10:00 and Oct. 4, 10:00–4:00 • Explore through discussion, ritual, dance, song and drumming important questions regarding personal, societal and planetary relationships. $15 for Oct. 2; $220 for weekend or $200 if registered by Sept. 2. Call Upland Hills at 248–693–1021, uplandhills@igc.apc.org.

Couples' Intensive Weekend Communication Workshop with Patricia Sullivan • Oct. 9–11 or Nov. 20–22; Friday at 7:00–9:00 p.m., Saturday at 9:00 a.m.–1:00 p.m., Sunday, 11:00 a.m.–1:00 p.m. • An intensive weekend workshop intended to increase awareness and understanding thereby allowing a change to occur of those particular couple communication techniques and patterns which inhibit, frustrate or shut down intimacy within the couple. Choose one of two weekend offerings and re-energize the rest of your life together. $320 per couple. Call 769–8000.

The Crazy Wisdom Calendar

Photos by Alissa Centivany

Audrey Simon is a massage therapist with a special interest in teaching parents how to massage their infants. She is shown here massaging baby Jacob, while Jacob's mother looks on.

Intimacy & Relationships (continued)

Enduring Intimacy: Intimate Relationship as a Sacred Path with Richard Gull and Sara Schreiber, and Drew and Judy Sauer • Nov. 21, 9:30–5:00 • Being in relationship inspires us to open and expand ourselves, yet old fears and insecurities can hold us back. In this workshop, we will explore tantra and other ways to create intimacy with our partner in a safe and nurturing environment. This investment in your relationship will produce a deeper loving bond between you. $365 per couple. Call 662–1450, rgull@umich.com.

Women and Relationships with Kristin Blackburn • Wednesdays, Sept. 9–Nov. 11, 7:00–8:30 p.m .• A ten-week supportive therapy group for women to explore past and present relationship and emotional issues in order to develop healthier relationships with oneself and others. $25 per session with commitment to attend 10 weeks. Call 994–1531.

Preserving a Sense of Self in Intimate Relationships with Eileen P. O'Hea • Sept. 26, 9:00–4:00 • All of life is about relationships: relationship to Divine Love, to ourselves, to others and to the world around us. Our life's task is to become the person we are meant to be. The unfolding of ourselves happens in relationships, especially in intimate relationships. The question, "How do we love another while staying true to ourselves?" will be explored during the workshop. $50. Call Visitation at 734–242–5520, visitation@teleweb.net.

Intuitive Awareness & Psychic Development

Developing Intuitive Guidance with James Redfield • Oct. 9, 7:00–9:30 p.m. • James Redfield is the author of the bestselling book *The Celestine Prophecy*. $35. Call Church of Today at 810–758–3050, COTNET@Churchoftoday.com.

Magic through the Heart: An Exploration of Group and Personal Creation with John Friedlander sponsored by Essence Point • Dec. 5–6, 10:00–5:00 • An in-depth weekend workshop led by Mataji, Laksmi and Saraswati as channeled by John Friedlander. It will include periods of deep meditation with an orientation to using the energy in one's life in order to create from a mystical level. $195 with $50 deposit by Nov. 14 or $225 thereafter. Call 913–9830.

Psychic Self-Defense with Shirada through Ageless Wisdom • Sept. 19 or Oct. 4, 10:00–5:00 • Many people walk around feeling sick, tired, anxious, depressed and crabby not understanding what is happening to them from an energy standpoint. This class focuses on teaching you to understand what is yours and what isn't energetically, how to protect yourself, how to clear your energy using light and how to set boundaries. $90. Call Rose Beres at 207–5310.

Finding Yourself with Sheila Layla Ritter • Oct. 18, 7:00–9:00 p.m. • Learn to access your intuitive knowledge of who you are and what is on your spiritual path. Take home ideas and techniques for daily practice. $10. Call 973–0684, layla@m-net.arbornet.org.

Beginning Intuitive/Spiritual Awareness Course with Charlene Littau • Mondays, Sept. 28–Nov. 30, 7:00–9:30 p.m. • This course teaches how to expand your consciousness and use your intuition everyday Learn to ground and center yourself, meditate, give psychic healing, read cords and picture, manifest and be your Higher Self. $200. Call 332–4969.

Intuitive Awareness I: Awareness with Ray O. Golden of Practical Psychic Center of Ann Arbor • Sept. 19–20, 10:00–4:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. Formerly Practical Psychic I. $129 or $115 if paid one week in advance; $109 if you bring 2 or more friends. Call 480–7796.

Intuitive Awareness II: Deepening Awareness and Skills with Ray O. Golden of Practical Psychic Center of Ann Arbor • Oct. 10–11, 10:00–4:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. $139 or $125 if prepaid one week in advance. Call 480–7796.

Intuitive Awareness III: Putting It All Together with Ray O. Golden of Practical Psychic Center of Ann Arbor • Date to be announced • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Call 480–7796 for cost.

Intuitive Awareness IV: Channeling with Ray O. Golden of Practical Psychic Center of Ann Arbor • Date to be announced • Learn to safely become a conscious channel using a technical system as your foundation. Call 480–7796 for cost.

Kids & Young Adults

Bless Those Girls: A Workshop for Womyn and Their Girls with ShuNahSii Rose • Oct. 3, 1:00–5:00 p.m. • See description in Mothers & Daughters section. $30 for each womon (mom, mentor, aunt, etc.) and girl team. Call 761–9148.

Girls Coming of Age: Adolescence as Initiation with ShuNahSii Rose • Oct. 2, 7:00 p.m. • See description in Mothers & Daughters section. Free. Call 761–9148.

Absolutely Beginning Drumming for Womyn and Girls with Lori Fithian • Sept. 12, 11:30 a.m.–2:00 p.m. • See description in Drumming section. $20. Call 761–9148.

Saturday Afternoon Drum and Rhythm Workshops for Womyn and Girls with Lori Fithian • Sept. 12, Oct. 17, Nov. 14, 2:30–5:00 p.m. • See description in Drumming section. $20 per class. Call 761–9148.

T'ai Chi Ch'uan for Young Adults (ages 13–17) with Wasentha Young of Peaceful Dragon School • Saturdays beginning Sept. 19–Nov. 21, 11:00 a.m–Noon • See description under Tai Chi section. $150. Call 741–0695.

Reiki for Children (ages 3–12) with Suzy Wienckowski • Oct. 25, 10:00–11:30 a.m. • See description under Reiki section. $25. Call 668–8071.

oga for Kids (ages 7–9) with Ema Stefanova • Saturdays, 3:00–4:00 p.m. • Postures, breath wareness, simple concentration, visualization and meditation are the focus of this class for nildren. Yoga can improve kids' health and their grades. Call 665–7801 for cost. Ema tefanova@compuserve.com.

oga for Kids and Parents with Ema Stefanova • Saturdays, 2:00–3:00 p.m. • Fun class for hildren ages 4–7. Yoga taught through play and active participation on the parents' part. We arn postures, simple breath awareness, etc. Call 665–7801 for cost. Ema tefanova@compuserve.com.

the Labyrinth

Valking the Labyrinth through Visitation: Center for Prayer and Spirituality • Sept. 4,)ct. 2, Nov. 6, Dec. 4, 9:00–5:00 • "The labyrinth is an archetype of wholeness, a sacred place iat helps us rediscover the depths of our souls." –Lauren Artress, Walking the Sacred Path. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path.)onation. Call 734–242–5520, visitation@teleweb.net.

Exploring the Labyrinth with David Strong and Evie Craig through Visitation: Center for Prayer and Spirituality • Oct. 24, 9:00–4:00 • Throughout the history of humankind, the labyrinth appears and reappears in many different variations. It is found in story and myth, in architecture, art and dance, in games of children and in traditional rite and ritual. The day offers participants the opportunity to experience this symbol of transformation. A morning introduction will be followed by an extended afternoon to explore this path as a meditative walking tool. $50. Call 734–242–5520, visitation@teleweb.net.

Massage

520 Hour Professional Training Program in Massage Therapy with Ann Arbor Institute of Massage Therapy Core Instructors • Beginning Sept. 10, Class meets Tuesdays and Thursdays, 9:00 a.m.–12:30 p.m. or 6:00–9:30 p.m. • The program includes anatomy and physiology, therapeutic massage and related approaches, myofascial therapy, neuromuscular therapy, sports massage, shiatsu and seated massage and carious components of therapeutic massage. For more information, call 677–4430.

Sports Massage I Workshop with Jocelyn Granger and Jane Anderson • Sept. 19–20, 8:30–5:00 • Sports massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of sports massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. $225. Call 677–4430.

Sports Massage II Workshop with Jocelyn Granger and Jane Anderson • Oct. 17–18, 8:30–5:00 • The goals of this segment are to provide you with an overall perspective on and the techniques essential to sports massage, including the basic concepts of the techniques used in sports massage, skillful palpation, your role as a sports massage therapist, working with common injuries, maintenance of the athlete, corrective measures for the injured athlete and understanding the injury and its repair process. $225. Call 677–4430.

Seated Massage Workshop with Margaret Szedenits • Oct. 3, 8:30–5:00 • This workshop concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught here. $125. Call 677–4430.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Sept. 23, Oct. 30, Nov. 27, 7:00–10:00 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 or $15 for repeat visit. Call Nirmala at 663–2218.

Awaken Your Light Body with Sandia • First Friday of each month, 7:00–8:30 p.m. • Through a meditative program, the flow of divine energy transmitted to the earthplane at any given moment is facilitated, creating light body activation, soul connection and soul infusion as one becomes a source of light, here and now. For all levels. Communal potluck afterward. $25. Call 484-4840.

Meditation with Frank Levey and Larissa Czuchnowsky • Thursdays, Oct. 8–Nov. 12, 7:00–9:00 p.m. • Meditation is a simple and direct practice – the moment-to-moment investigation of the mind/body process through calm, focused awareness. No special religious beliefs are required; this is a spiritual process. Each class meeting includes sitting time, instruction and group discussion. Bring a cushion or blanket to sit on. $20. Call Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

Mastering Meditation at Sri Chinmoy Centre • Sept. 14, 21 and 28, 7:30–9:30 p.m.; Oct. 9, 16 and 23, 7:30–9:30 p.m.; Nov. 5, 12 and 19, 7:00–9:00 p.m.; Dec. 12 and 13, 2:00–5:00 p.m. • An introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, self-improvement. Free. Call 994–7114.

Meditation with Ema Stefanova • Ongoing • Beginner to intermediate level meditation class focusing on simple relaxation, concentration and meditation techniques applicable in everyday life. Call 665–7801 for cost. Ema Stefanova@compuserve.com.

Silent Group Meditation sponsored by Essence Point • Sundays, Noon–1:00 p.m. • Two periods of unguided silent meditation for 25 minutes each. People from all disciplines welcome. Comfortable chairs provided or bring a cushion. Open to all. Donations accepted. Call 913–9830.

The How-To's of Mindfulness Meditation with Erica Dutton • 2 hour sessions offered several times in fall and winter • An introduction to mindfulness meditation and how it can benefit you. You can use this form of meditation anywhere, anytime, anyplace. Learn how to meditate in a practical way – no futons, no incense, no candles, no lotus position and still enjoy the benefits! $35. Call 677–3056, eldutton@aol.com.

Introduction to Insight (Vipassana) Meditation with Deep Spring Center • Six week class on Thursdays, Oct. 8–Nov. 19, 7:30–9:30; Four week class offered with dates to be announced • Insight meditation is a simple, direct practice – the moment-to-moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection, and to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness and negativity, opening our heart to deeper wisdom and compassion. We begin to know each moment as practice for our growth toward wholeness and harmony. The meditation derives from Buddhist teaching, but no special religious beliefs are necessary to its practice and no forms or rituals are taught. $40 or $20. For the six week class, call 995–5344 or 996–3151. For the four week class, call 475–2933, info@deepspring.org.

One Day or Two Day Non-Residential Meditation Retreat with Barbara Brodsky of Deep Spring Center • Sept. 26–27, 9:30–5:00 • See description of insight meditation in above listing. The first day of this retreat is suitable for beginning and experienced meditators. There will be instruction in sitting and walking meditation, silent practice and discussion. The day, including lunch, will be held in silence. Mindfulness throughout the day, whether meditating, eating or walking by the lake, will be a focus. The second day is open only to those who taken a prior introduction or have equivalent experience in insight meditation. It will be a continuation of instruction and more silent meditation time. $30 for one day, $50 for both days. Call Pam at 662–3435 or Carole at 475–0942, info@deepspring.org.

> "Helped are those who receive only to give; always in their house will be the circular energy of generosity; and in their hearts a beginning of a new age on Earth: when no keys will be needed to unlock the heart and no locks will be needed on the doors."
>
> - Alice Walker

Massage with Peter Baker • Wednesdays, Oct. 14–Nov. 18, 6:30–8:00 p.m. • Learn massage techniques that enable you to manage stress in the home or office. Discover the methods used to work with tight muscles. Explore methods appropriate to the intimacies and sensualness of massage. Bring loose-fitting clothing and a pillow, mat or blanket to lie one. $40. Call Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

Massage for Couples with Peter Baker • Oct. 17, 9:00–3:30 • Explore massage techniques designed for couples. Due to limited space, enrollment is limited to five couples. $65. Call Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

Meditation

Daily Chanting and Mantra Meditation with Lighthouse Center • Daily, 6:00–7:00 a.m. • Sanskrit chants, mantra meditation, affirmations, than you's, forgiveness and sending light. Free. Call Nirmala at 663–2218.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month, 7:00–10:00 p.m. • Twenty minutes of meditation on each of the seven chakra centers. Free. Call Prachi at 449–4381.

Residential Meditation Retreat with Deep Spring Center • Oct. 30 in the evening through Nov. 1 in the afternoon (Nov. 2 is offered as an optional extra day) • The two foundations of the weekend are insight meditation (see above listing for description) and deepening awareness of innate perfection. We'll alternate sitting and walking meditation. Mindfulness will be focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with teachers. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. $170 covers room and board; $35 extra for Monday; $25 discount if registered by Oct. 2. Call Hal at 971–3455, info@deepspring.org.

Insight Meditation with Barbara Brodsky of Deep Spring Center • Alternate Tuesday evenings beginning Sept. 29–Jan. 26 • See description of insight meditation in above listing. This class is appropriate for continuing students at every level and for students who have completed or are in an introductory class or have attended at least one retreat or meditation day. The meditation practice is drawn from Buddhism; therefore, we will read Old Path, White Clouds by Thich Nhat Hanh. With this as a foundation, we'll investigate the four foundations of mindfulness, dependent origination, the nature of suffering and the nature of happiness and peace, and the meanings of impermanence and interdependence. $100 for the semester plus $15 building fee. Call 971–3455, info@deepspring.org.

The Crazy Wisdom Calendar

Meditation (continued)

Open Sitting with Barbara Brodsky of Deep Spring Center • Oct. 5 and 19, Nov. 2 and 16, Dec. 7 and 21, Jan. 18 in the evening • See description of insight meditation in above listing. This sitting is open to all and includes beginning instruction, sitting, dharma talk and other activities. Optional potluck. $1.25 site fee with donations accepted. Call 971–3455, info@deepspring.org.

Other related classes and workshops may be found in the Buddhist Teachings section.

Men's Work

Men's Wisdom Council • Fourth Saturday of each month, 9:00 a.m.–Noon • A community of men with shared leadership. We gather to explore and share the deepest feelings from our hearts. Drumming, dancing and tom-foolery are encouraged. $5 donation. Call Tom Murphy at 313–386–5448 or G. Khalsa at 248–541–4834.

Ninth Annual Michigan Men's Spirit Camp with Jeffrey Duvall and Gurudarshan Khalsa • Sept. 18 at 5:00 p.m. through Sept. 20 at 3:00 p.m. • Exploring and celebrating the deep male spirit through small group sharing, poetry, ritual, sacred sweat lodge and ceremonial drumming and dancing. $195 with some partial scholarships available. Call Gurudarshan Khalsa at 248–541–4834.

Creating Rites of Passage Programs with Jeffrey Duvall and Gurudarshan Khalsa • Sept. 26 and 27, 9:00–5:00 • A workshop for men who would like to learn many ways adults can create rites of passage experiences for youth, including compassion, blessing and listening without projection or attachment. Experience ritual, respect, thanksgiving and learn to create it. $120. Call 248–541–4834.

Midwifery

Birth Basics with Patty Brennan • Mondays and Wednesdays, Sept. 14–23, 1:00–4:00 p.m. • this class serves as an introduction for aspiring midwives and doulas who are new to the subject of pregnancy and birth. We will cover anatomy and physiology of normal pregnancy, labor and birth. Obstetrical approaches and the concept of informed consent will be presented, including an in-depth discussion of prenatal, birth and neonatal technology, drugs and medical protocols. $120. Call 663–1523, gbrennan@umich.edu.

Doula Skills with Patty Brennan • Mondays and Wednesdays, Oct. 12–28, 1:00–4:00 p.m. or Weekend Intensive: Dec. 4–6, Friday at 6:00–9:00 p.m., Saturday and Sunday at 9:00–5:00 • This class prepared you to provide sensitive, knowledgeable and skillful care as a doula in a hospital setting. Learn a wide variety of labor support strategies, as well as essential communication skills that emphasize establishing trust with the mom-to-be and working effectively with her medical care providers as part of a team. $175. Call 663–1523, gbrennan@umich.edu.

Holistic Therapies in Midwifery Practice: Introduction to Healing Modalities and Pat Kramer and Patty Brennan • Fridays, Oct. 2–16, 1:00–4:00 p.m. • Homeopathy, herbs, essential oils, flower essences, yoga and cranial/sacral techniques are presented as a means of enhancing health and correcting imbalances. We will explore the theory underlying each healing modality, describe how it is used and address issues of safety for use with pregnant and lactating women and their babies. $110. Call 663–1523, gbrennan@umich.edu.

Clinical Prenatal Skills with Pat Kramer and Patty Brennan • Fridays, Oct. 2–Nov. 6, 9:00–11:00 a.m. • This class combines lecture and hands-on learning. We will learn and practice a variety of prenatal diagnostic and exam skills, including work with pregnant women. Topics include assessing health histories and listening and counseling skills. Learn the basics of caregiving. $165. Call 663–1523, gbrennan@umich.edu.

A Natural Approach to Infertility and Miscarriages with Pat Kramer and Patty Brennan • Fridays, Oct. 23–Nov. 6, 1:00–4:00 p.m. • The use of holistic therapies to prevent a threatened miscarriage or to correct the problems of infertility and recurrent miscarriage is thoroughly discussed. If a miscarriage becomes inevitable, can hospitalization be avoided? How can we give holistic support to women in the process of miscarrying? $110. Call 428–8740, gbrennan@umich.edu.

Mothers & Daughters

Bless Those Girls: A Workshop for Womyn and Their Girls with ShuNahSii Rose • Oct. 3, 1:00–5:00 p.m. • The need for families and communities to pay more attention to girls as they cross the threshold into young adulthood is becoming glaringly obvious nationwide. Revolution begins with self-respect and this is the critical commodity we need to help our girls hold onto as they grow into our future leaders. This afternoon gathering will bring girls and womyn together to share stories, songs and hands-on projects that open hearts and minds to the limitless possibilities of our girls and their dreams. $30 for each womon (mom, mentor, aunt, etc.) and girl team. Call 761–9148.

Photo by Linda Lawson

Tom Kuzma and Alana Galbraith-Kuzma will be leading a Flying Dance Meditation for the Opening Ceremony at the *Balancing Mind, Body, and Spirit Conference* in November.

Girls Coming of Age: Adolescence as Initiation with ShuNahSii Rose • Oct. 2, 7:00 p.m. • This evening welcomes those in the role of mothering or mentoring girls in their teens and pre-teens. Girls welcome, too. We will use story, lecture and dialogue to explore some valuable tools and community resources available to us as we nurture the wings of our girls becoming womyn. Free. Call 761–9148.

Mothers and Daughters: Believing Mirrors with Jill Blixt • Sept. 19 or Oct. 24, 10:00–5:00 • There is so much mothers and their daughters can offer each other. But too often they get caught up in negative self-talk and beliefs that they are never enough. This workshop is designed to help them open communications, see each other with new eyes and become powerful 'believing mirrors.' Come play together for a day by making maps, dream books and creating 'positively me' dolls. $40 per person or $65 per mother/daughter pair, includes art supplies and light lunch. Call 665–4577.

Making Peace with Our Mothers with Lynn Sipher of Soundings: Center for Women • Groups offered regularly • Explore issues many adult daughters have in common: seeking mother's approval, difficulty being honest, inability to set limits and hearing her voice. Reach a greater sense of peace with our mothers and ourselves. Open to women over thirty whose mothers are still living. Sliding scale cost. Call 973–7723.

Movement & Dance

Earth Dance with Jesse Richards • Classes start Sept. 15 and 16 and run 12 weeks. Beginners: dates to be announced. Advanced Beginners: Tuesdays, 7:30–8:45 p.m. • Intermediate: Wednesdays, 6:45–8:00 p.m. • Earth Dance combines many styles including jazz, African, modern and Martial Arts. It is an energetic, rhythmic, fun form of dance. It reminds us we are part of nature and that dance is a way of life – a part of our spirituality, sexuality, work, politics and health. To bring a greater richness to our dance experience, we also include some chanting and song. Beginning level requires no dance experience whatsoever. Advanced Beginning level must have an initial level of dance experience. Intermediate level must have a moderate level of experience. $108. Call 995–2972.

Dances of Universal Peace with Sandy Sherman through Visitation: Center for Prayer and Spirituality • Sept. 13, Oct. 11, Nov. 8, Dec. 13, 7:00–9:00 p.m. • These dances blend simple, meditative movements. They integrate and are inspired by many of the world's spiritual traditions as well as help create peace and unity within and without. Everyone is welcome. No experience necessary. Donations accepted. Call 734–242–5520, visitation@teleweb.net.

Dances of Universal Peach with Majid Simonds and Siddiq and Majida Middlebrooks • First and Third Fridays of each month, 7:00–9:00 p.m. • These dances are a group experience that seek to open the heart to peace and unity through the use of dance, music and sacred phrases from the world's spiritual traditions. All are welcome. No experience needed. $5. Call 996–1332 or 517–381–0126.

Moving from the Inside Out with Suzanne Willets Brooks • 12 Mondays beginning Sept. 14, 7:00–8:30 • Our bodies communicate our inner truth. We have only to listen. Using elements from tai chi, yoga and somatics as tools to explore our underlying patterns and personal evolution, our uniqueness reveals itself. $60–$100. Call 482–2607, brooksjer@provide.net.

Life Dance I & II with Suzanne Willets Brooks • Life Dance I: 12 Tuesdays beginning Sept 8, 6:00–7:30; Life Dance II: 12 Thursdays beginning Sept. 10, 6:00–7:30 • Life Dance is a class for individuals who wish to find self-expression through movement. It integrates African-based movement with yoga and modern dance to help us awaken, inhabit and celebrate our bodies and spirits. $120. Call 482–2607, brooksjer@provide.net.

Photo by Linda Lawson

Ann Arbor Authentic Movement Group • Once or twice each month in the evenings • In our practice of Authentic Movement, we set the judging self aside and respond to our body's inner wisdom to move and be moved. Authentic Movement sessions are based on the principal that movement is a form of spiritual practice, providing us access into our creative selves and psychological narrative. We come together to explore our movement in community. Call Charleen Berels at 995–8716, CBerels@aol.com or Peter Norlin at 878–1862.

Life Forms and Ritual Movement with Antonio Francesco of Weber Center • Oct. 30 at 7:00 p.m. through Nov. 1 at 1:00 p.m. • Gain essential energy for rediscovering and reawakening your full creative potential while engaged in simple breathing and stretching techniques. Explore guided structured and stimulating movement exercises: mirroring, mapping, body release work and spontaneous and exhuberant improvisational dance. $125. Call 517–266–4000, Webercentr@aol.com.

Music & Sound

Healing as Cosmic Sound with Norma Gentile of Essence Point • Sept. 20, 4:00–6:00 p.m. • Sound can be used to intensify and release energy patterns. We will be chanting and toning, using sound to excite certain portals or channels of energy which surround and interpenetrate the physical body. This is a group process. These portals serve as entryways for us to spiritual and cosmic energies. Wear loose, comfortable clothing and bring a meditation pillow or blanket. $25. Call 913–9830.

Rhythms of the Chakras Workshop with Glen Velez • Nov. 14, 10:00–5:00 • Explore frame drumming and vocal styles/techniques based on the chakras. Balance and stimulate your body's major energy centers through rhythm and sound. $90. Call Upland Hills at 248–693–1021, uplandhills@igc.apc.org.

Rhythms of the Chakras Interactive, multi-Sensory Performance with Glen Velez • Nov. 15, 7:00 p.m. • Participate in a performance of rhythms and sounds based on the chakras. $20. Call Upland Hills at 248–693–1021, uplandhills@igc.apc.org.

Shakuhachi: The Zen Bamboo Flutes of Japan with Michael Gould • Ongoing from September • How to use the shakuhachi as a tool for spiritual strengthening and enhanced self awareness is taught since breathing is the basis of all spiritual training programs and sound is the soul in audible form. We can create new bonds with one's spiritual self for healing through natural sounds. $25 per lesson for students or $35 for non-students. Call 975–1792, Chikuzen@earthlink.net.

Native American

Sweatlodge Ceremonies with Jorge Arenivar • Sept. 13 at 6:00 a.m. and Nov. 8, 10:00 a.m. • Participate in this ancient healing and purification ceremony. Donation cost. Call Upland Hills at 248–693–1021, uplandhills@igc.apc.org.

Pipe Circle with Mulberry Farm • Sept. 18, Oct. 16, Nov. 20, 7:30 • All are welcome, pipe carriers or not. $3. Call 783–3830, mulberryfarms@cdlcorp.com.

Purification Lodge with Mulberry Farm • Sept. 26, Oct. 24, Nov. 28, Newcomers arrive at 4:00 • All are welcome. $20 plus a dish to pass. Call 783–3830, mulberryfarms@cdlcorp.com.

Natural History

Dinosaur Discovery Day at Exhibit Museum of Natural History • Dec. 5, 10:00–4:00 • A day of events and activities devoted to dinosaurs, fun for all ages but especially for families with young children. Hands-on and art activities are included. Free. Call 764–0478, aharris@umich.edu.

Nutrition & Food

Anorexia–Bulimia Support Group with Kathryn Linderman through The Center for Eating Disorders • Mondays, 6:00–7:00 p.m. • Weekly drop-in discussion group for individuals seeking to recover from chronic dieting, self-starvation, over exercise, bingeing and purging and negative body image. $5 per meeting. Call 668–8585.

Compulsive Overeaters Support Group with Amy Pershing with The Center for Eating Disorders • Thursdays, 5:30–6:30 p.m. • Weekly drop-in discussion group for individuals seeking to recover from compulsive overeating, excessive overweight and negative body image. $5 per meeting. Call 668–8585.

Women, Food and Weight: Case Consultation Group with Judith Banker • Second Tuesday of each month, 9:00–10:00 a.m. • Monthly, ongoing case consultation/supervision group for therapists, nutritionists and other health care practitioners. Discussion focuses on treatment approaches effective with eating disorders, weight loss, compulsive eating, problem eating and body image disturbance. $25 per meeting. Call 668–8448, banker@umich.edu.

Fat Burning Nutrition with Judy Stone of Healing Thru Nutrition • Sept. 22, 7:30–9:00 p.m. • Learn some startling principles of nutrition that can help you change how you eat and feel. Improve your body's ability to burn fat, produce more energy, lift depression and boost your overall health. Samples and materials included. $15. Call 994–5549.

Phyt Against Cancer: Phytochemicals, Immunity and Dinner with Judy Stone of Healing Thru Nutrition • Oct. 13, 7:30–9:00 p.m. • Making meals out of all the latest news in food, phytochemicals and cancer prevention. Presentation, samples and recipes included. $15. Call 994–5549.

Healing Thru Nutrition Support Group with Judy Stone • Tuesdays, Oct. 27–Dec. 15, 7:15–8:45 p.m. • 8 weeks of practical support and learning to help you put nutrition to work as a powerful healing tool with every meal. We will cover good fats, phytonutrients (fruits and vegetables), immune health, fat burning nutrition, working with fatigue and depression, supplements, menu planning, recipes and quick cooking ideas. Samples and lots of material included. $175 by Oct. 17, $200 thereafter. Call 994–5549.

Personal Growth & Creativity

Wisdom of the Ages with Wayne Dyer • Sept. 12, 1:00–5:00 p.m. • $35. Call Renee Smith of Church of Today at 810–758–3050, COTNET@ChurchofToday.com.

An Evening with Maya Angelou • Sept. 25, 8:00 p.m. • $45. Call Renee Smith of Church of Today at 810–758–3050, COTNET@ChurchofToday.com.

Author Alan Cohen at Church of Today • Oct. 7, 1:00 and 7:30 p.m. • 60 minute talk followed by greeting and autograph line. Alan Cohen is the author of *Companions of the Heart, A Dragon Doesn't Live Here Anymore* and *Joy is My Compass*. $10. Call 810–758–3050, COTNET@ChurchofToday.com.

Celebrating the Self I Am with Ellen Cook through Visitation • Nov. 21, 9:00–4:00 • The day includes topics such as self-esteem, learning to value yourself, trusting your inner wisdom and setting goals. The day focuses on practical tools and techniques for living a more holistic, fulfilling life. $50. Call 734–242–5520, visitation@teleweb.net.

Poetry: A Form of Contemplation with Patricia Rourke through Visitation • Nov. 12, 7:00–9:00 p.m. • Poetry is an experience of contemplation which connects us with our spiritual center. The evening will include writing original poetry as a way of sustaining contemplation and group praying of poetry. $10. Call 734–242–5520, visitation@teleweb.net.

Intensive Personal Growth Marathon with Kathy Blough and Mark Blough • Oct. 22, 7:00–10:00 p.m., Oct. 23, 9:00–5:00 and Oct. 24, 9:00–4:00 • This weekend marathon gives individuals the opportunity to resolve issues that are blocking effectiveness in adult life. It is for people who wish to resolve problems and feel long-term therapy hasn't been helpful or isn't necessary. This marathon is also beneficial for people who are currently in therapy and are feeling stuck, feeling progress is too slow or where issues are remaining unresolved due to time restraints. $200. Call Mark at 797–7667 or Kathy at 313–814–0856.

The Crazy Wisdom Calendar

Personal Growth (continued)

Introduction to Transactional Analysis with Kathy Blough and Mark Blough • Oct. 21–22, 9:00–5:00 • This course is an introduction to the theory and practice of Transactional Analysis. It will provide a new perspective for understanding human behavior. The format is a combination of lecture, group discussion, experiential exercises and fun. Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well in order to experience how the theory is applied in effecting personal change. $150. Call Mark at 797–7667 or Kathy at 313–814–0856.

Journal Writing as a Tool for Change or the Art of Journal Writing with Phyllis Perry • Once per week for 8 weeks, 1 hour each week • Learn an easy journal writing technique. Explore your thoughts and feelings, gain insight, clarity and understanding. $25 per week. Call 973–0003.

Embracing the Power of Creation: A 12 Week Series in Consciously Creating your Reality with Lisa Wolf • Date to be announced • Our goals, be they material goods or states of being, are often hindered by our unconscious beliefs, attitudes and feelings. When we face our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. Participants will systematically explore the process of conscious creation and deepen their understanding of emotions, attitudes and beliefs which shape the creative process. Psychotherapeutic approaches, spiritual practice, discussion, emotional release work, art and experiential exercises are some of the techniques used. $50 per session. Call 930–0864.

Living the Full Catastrophe: The Mindfulness-Based Approach to Coping with Stress, Pain and Illness with Glenn Burdick • Class begins in October, one evening per week, 7:00–9:30 p.m., plus one all-day Saturday session • Eight week program integrating mindfulness meditation, yoga and yoga/Buddhist psychology. Based upon the work of Jon Kabat-Zinn. For cost, call 973–7377, ext. 103, GlennBurdick@csi.com.

Gregg Levoy, author of Callings: Finding and Following an Authentic Life • Oct. 21, 1:00 and 7:30 p.m. • 60 minute talk followed by greeting and autograph line. $10. Call Church of Today at 810–758–3050, www.churchoftoday.com.

Family of Origin and Inner Child Talk with Chuck Farhat through Ageless Wisdom • Sept. 15, 7:00–9:00 p.m. • See how your childhood experiences effect your life today. Explore the family patterns that influence the way you see the world. Expand your insights regarding personal relationships with others as well as a better relationship with yourself. Free. Call 464–9503.

The Artist's Way with Jill Blixt • 13 Wednesday evenings beginning Sept. 16 • The Artist's Way is a proven, powerful process that helps individuals break through their blockages and transform their lives. It is designed for anyone interested in finding their true voice – that creative part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and movement to explore and reclaim your personal creativity. For anyone who wishes to create a hand-crafted life no matter what form it takes. $285 includes art supplies and light suppers. Call 665–4577.

Vein of Gold with Jill Blixt • 13 Tuesday evenings beginning Sept. 15 • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's sequel, *The Vein of Gold*. Explore your heart's desires through writing, movement, sound, color, painting, collage, doll-making, mask-making, treasure-mapping and many other creative alchemy activities. Come mine your own vein of god. This workshop is for those who have worked with *The Artist's Way*. $285 includes art supplies and light suppers. Call Jill Blixt at 665–4577.

The Artist's Way at Work with Jill Blixt and Jane Bagchi • 12 week session beginning at the end of Sept. • The Artist's Way at Work is based on the proven, powerful process that has helped over one million people awaken their creativity and realize their dreams. Through writing and exercises specifically designed for the workplace, you will become more authentic, more productive and more creative. It will help you become a powerful catalyst for change. Come adventure and ride the dragon of creativity. $340. Call Jill at 665–4577 or Jane at 995–9122.

Artist's Way Groups with Sue Webster McDonald • 12 week classes begin in Sept. • This course is based on *The Artist's Way*. It consists of 12 weekly, 2 hour sessions in a secure, small group atmosphere that encourages the discovery and recovery of creativity in living and in the arts. It is appropriate for both professionals and non-professionals. $20–$25 per session depending on group size. Call 747–9191.

The Artist's Way at Work Groups: Facing the Dragons Together with Sue Webster McDonald • Groups begin mid-September • A new offering, this course is based on Mark Bryan's book. Focused on creativity in the work place, the very real difficulties presented by various systems and environments, its aim will be to apply principles of *The Artist's Way* as a means of beginning to generate healing and change. Small groups in confidential atmosphere. $25 per session. Call 747–9191.

The Artist's Way Workshop: A Spiritual Path to Self-Discovery and Greater Creativity with Laura Massaro • Mondays, Sept. 28–Nov. 16, 7:00–9:00 p.m. • Meetings in a comfortable small group setting that explore creativity and living a fuller life each day. Effective for anyone in transition. Activities include fun concrete activities, discussion and journaling. $20. Call Soundings: Center for Women at 973–7723.

Photo by Linda Lawson

Phyllis Perry leads workshops on the "Art of Journal Writing."

Polarity Therapy

A Tapestry of Energy Applications through the American Polarity Therapy Association • Friday Oct. 23 - Sunday Oct. 25 • A polarity therapy conference including speeches and workshops. Local polarity therapists Linda Diane Feldt, Marsha Traxler, and John Bodary are among the speakers/workshop leaders. The conference will take place at the Genoa Woods Conference Center in Brighton. For more information call (303) 545-2080.

Polarity Class with Karen Kerns through Lighthouse Center • Sept. 12, 19 and 26, Oct. 3, 9:00 a.m.–1:00 p.m. • Beginning study and demonstration of polarity. Prerequisite: completion of Chetana's beginning chakra class, at least once. $150 pledging member or $170 non-pledging. Call 449–5598.

Polarity Therapy: Techniques and Remedies for Home Use with Complete Chiropractic and Massage Therapy • 7:30–9:00 p.m. • These classes are designed to teach simple polarity techniques for home use. Classes will include instruction with demonstration and hands-on practice. No prior experience is necessary. Class limited to 10 participants. $15 per class. Call 677–1900.

Sept. 14: The Diaphragm and Breathing
Oct. 5: Relieving PMS
Nov. 2: Relieving Shoulder Pain
Dec. 7: Digestion: Working with Fire

Polarity Therapy Class with John Bodary • Sept 14 and 28, Oct. 12, Nov. 2, 16 and 30, Dec. 14, Jan. 4, 6:30–10:30 • Entry level class in Polarity energy balancing that emphasizes hands-on techniques and theory. $660 for all classes includes a personal session ($60 registration fee plus $75 per class). Call 313–582–5034.

Polarity Therapy Professional Certificate Course with Linda Diane Feldt • Date to be announced • A two year modular program in Polarity Therapy for Registered Polarity Practitioner designation. Includes theory, hands-on, business practice, ethics, with strong emphasis on developing intuition and cultivating individual learning styles. Call 662–4902, holistic@adeptsys.com, www.adeptsys.com/holistic.

Professional Enrichment

Teacher Information Fair hosted by Exhibit of Natural History • Sept. 23, 3:00–7:00 p.m. • Over 20 organizations present information about field trips, outreach programs, websites and other resources of interest and use for teachers, scout leaders, home-school parents and interested others. Free. Call 647–1381 with RSVP. mlinke@umich.edu.

First Friday: A Women Therapists Group with Sandi Cooper of Soundings: Center for Women • Oct. 2, Nov. 6, Dec. 4, 2:30–4:30 p.m. • Working in the field of mental health can be very challenging. Come together once a month for a safe and supportive place for conversation, peer support, case conferencing and networking, including job information. Free Call 973–7723.

Getting Free Publicity: Building Your Practice by Using the Media – A Hands-On Workshop for Therapists and Other Professionals with Laurie Krauth • Oct. 9, 1:00–4:00 p.m. • Participants will learn how to use the media to publicize their work. They will leave the workshop with a basic press strategy tailored to their unique needs. They will learn how to write press releases, speak effectively with reporters and choose the best publications for promoting their practices. $25 if paid by Sept. 18 or $50 if paid by Oct. 2. Call 313–210–4420, LKrauth@compuserve.com.

Group Therapy for Therapists Only with Mark Blough • Sundays, 7:00–9:00 p.m. • This group is designed for therapists who would like to learn about group therapy as they experience being in group therapy. Making personal changes they want to make from being willing to be close emotionally, intimately, and to release anger, depression, anxiety and work through burnout. This group will focus on making individual changes, understanding the personality structure of the individual and the dynamics of the resulting social system. $40. Call 797–7667 or 930–0864.

Athena: A Monthly Mentoring Group for Women with Anne Benedict of Soundings: Center for Women • Sept. 28, Oct. 26, Nov. 23, 7:00–9:00 p.m. • A group for women who want to share ideas and support for building a career. Based on a new kind of mentoring where everyone gives and receives valuable feedback in a group setting. Group members choose discussion topics related to their goals. Free. Call 973–7723.

Psychodrama

Introduction to Empatheatre with Sara Schreiber • Sept. 12, 2:00–5:00 p.m. • Introduction to improvisation and drama. In this workshop, we will reinvent the traditions of improvised poetry, storytelling and theatre by exploring our secrets, our dreams and desires. No performance background required. $35 or $30 if you bring a friend. Call 662–1450 or 913–9733, rgull@umich.edu.

Empatheatre: Self Discovery through Improvisation with Sara Schreiber • Oct. 3, Nov. 14, Dec. 6 • Empatheatre uses drama therapy and improvisation to create experiences for personal growth. We will reinvent our capacity to explore spontaneity by transforming the demons of fear and self criticism into powerful allies. $90 per class. Call 662–1450, rgull@umich.edu.

Drama Therapy and Improvisation for Persons who Want Support in Changing Their Life Situations with Sara Schreiber • 10 Thursdays beginning Oct. 8, 5:00–7:00 p.m. • This group will offer an opportunity to reinvent ourselves. By exploring our memories and our desires, we will transform the demons of fear and self-criticism into powerful allies. We'll dance with language, speak with our bodies and discover how large and wild our voices really are. No performance background required. $60 per session or $500 for the series if paid by Oct. 8. Most insurances accepted. Call 662–1450, rgull@umich.edu.

> "Everyone and everything around you is your teacher."
> - Ken Keyes Jr.

Reiki

Usui Reiki Initiate Class: First Level with Sacred Path Reiki, John and Paul Steele • Sept. 5, Noon–6:00 p.m. • This initiate class covers origin and history of Reiki, self treatments, treating others, all traditional Usui information and Sacred Path information including one symbol. $75 with low or no cost for those living with chronic illness and/or their family members. Includes attunement, manual, certificate, instruction and lifetime support. Call 677–8211, moonowl@provide.net.

Usui Reiki Practitioner Class: Second Level with Sacred Path Reiki, John and Paula Steele • Oct. 3, Noon–6:00 p.m. • This second degree class includes attunement, manual, all Usui and Sacred Path second degree symbols, techniques to use the symbols and treating self and others. $125 with low or no cost for those living with chronic illness and/or their family members. Call 677–8211, moonowl@provide.net.

MS Reiki Network Usui Reiki Initiate Class: First Level with Sacred Path Reiki, John and Paula Steele • Nov. 7, Noon–6:00 p.m. • This class is especially designed for people living with Multiple Sclerosis. This initiate class covers origin and history of Reiki, self treatments, treating others, all traditional Usui information and Sacred Path information, including one symbol. This is the beginning of the MS Reiki Network. Fee for class is low or no cost for those living with MS and/or family members. Includes attunement, manual, certificate, instruction, Episode Impact Reduction, energy management, pain management and lifetime support. Call 677–8211, moonowl@provide.net.

First Level Reiki Workshops with Ray O. Golden • Sept. 13, Nov. 8 or Dec. 12, 9:00–6:00 • Reiki is a powerful, natural, non-invasive, easy to learn healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental and causal. Class sizes are limited to allow for individual attention and traditional attunement. In level one, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. $95 if paid one week in advance or $125. Includes manual and certificate. Call 663–6075.

> "Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness."
> - Henry David Thoreau

Second Level Reiki Workshop with Ray O. Golden • Nov. 14 at 6:00–10:00 p.m. and Nov. 15 at 10:00–4:00 • In the level two workshop, traditional advance attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $180 if paid one week in advance or $225 after that. Call 663–6075.

Free Reiki Introduction and Healing Night with Ray O. Golden • Sept. 3, Nov. 5, Dec. 3, 7:00–9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663–6075.

Free Reiki Practitioners Night with Ray O. Golden • Sept. 17, Oct. 15, Nov. 19, Dec. 17, 7:00–9:00 p.m. • An opportunity for Reiki practitioners to work on each other. Free. Call 663–6075.

First Degree Reiki Class with Suzy Wienckowski • Sept. 11–13: Friday at 7:00–9:30 p.m., Saturday at 9:30–3:00, Sunday at 9:30–Noon or Nov. 13–15: Friday at 7:00–9:30 p.m., Saturday at 10:00–3:00, Sunday at 10:00–Noon • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind, spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others and four individual initiations. Certificate awarded. $150. Call 668–8071.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 2 at 7:00–9:00 p.m. and Oct. 3 at 10:00–4:00 • This is the second level of training of the Usui system of Reiki healing. Students learn and are empowered to use the three sacred Reiki symbols, which focus and intensify Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. Prerequisite: first degree training. $500 with creative financing available. Call 668–8071.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Oct. 28, 7:00–8:30 • See description of Reiki in above listing. Free mini-treatments will be offered for those wishing to stay after the talk. Free. Call 668–8071.

Reiki for Children (Ages 3–12) with Suzy Wienckowski • Oct. 25, 10:00–11:30 a.m. • Reiki empowers children to bring healing energy to themselves, plants, pets and others (even their parents). Certificate and pin awarded. $25. Call 668–8071.

Reiki Level I and II with Jennifer Johnson • Nov. 14 and 15, 10:00–5:00 • Learn the Usui method of natural healing utilizing channeled universal life force energy. Reiki is a gentle method of hands-on healing which is facilitate by energy transfers given to each individual during this workshop. Other healing modalities will also be covered. Previous healing experience is not necessary. A certificate will be received upon completion. $225. Call Lynn Meadows at 662–3446 or Jennifer Johnson at 517–332–3277.

First Degree Reiki Workshop with Barbara Barth • Sept. 17, Oct. 17 or Nov. 14, 10:00–5:00 • Reiki is a powerful natural healing system in which the universal life force is transmitted through the hands of a practitioner to facilitate the healing process physically, emotionally and mentally. First degree class includes the history of Reiki, chakra system, the attunement and the hand positions of self-healing and healing others. $100 for one-day class. Call 475–6340.

Reiki Practitioner Certification Level I and II with Kim and Steven Falcone • Sept. 13 or Nov. 8, 9:00–5:30 • Reiki is an ancient healing touch system in which an initiated practitioner channels healing energy through the laying on of hands. In this class, you will learn the history of Reiki, Reiki ideals, the chakra system, hand positions for self-healing and others, sacred Reiki symbols, group and distant healing and more. Includes course manual, 1st and 2nd degree attunements, a certificate and lunch. $175. Call 449–8111 or 800–311–9914.

Reiki III Master Certification with Steven Falcone • Oct. 4 or Dec. 13, 10:00–3:00 • The Reiki Master Certification trains an individual in the process of teaching Reiki and initiating other Reiki practitioners. In this class, you will learn a review of Level I and II, the Usui Master symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teaching Reiki, complete course manual, Master attunement, Reiki Master certificate and lunch. $350. Call 449–8111 or 800–311–9914.

The Crazy Wisdom Calendar

Shamanism

The Way of the Shaman: The Shamanic Journey, Power and Healing with Myron Eshowsky • Nov. 7–8, 9:00–4:30 • Shamanism is an ancient human strategy for personal learning and for successfully acting on that learning. You will be introduced to core shamanism, the universal and near universal basic methods of the shaman to enter non-ordinary reality for problem solving, well-being and healing. Particular emphasis is put on the classic shamanic journey, on of the most remarkable visionary methods used to explore the hidden universe, otherwise known mainly through myth and dream. Participants are initiated into shamanic journeying, aided by drumming and other techniques for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities and connections with nature. $160 if paid by Oct. 7 or $180 thereafter. Call Spirit Weavers at 517–482–4699, kmux02a@prodigy.com.

Using Shamanic and Ritual/Ceremonial Methods to Access and Enhance Creativity with Phil Rogers • One and Two day classes will be available • After creating sacred space, we will use various energy body exercises as entry points/doorways for explorations of individual and group creativity. For those who wish, we will experiment with cultivating power allies in nature and outside of time. $40–$60 sliding scale for one day; $75–$100 for two days. Call 769–6150 or 647–5123, cuzco@umich.edu.

Using Shamanic and Ritual/Ceremonial Methods in Conjunction with Movement Exercises to Promote Personal Healing, Group Healing and Healing of the Earth with Phil Rogers • Date to be announced • Breathing exercises to enhance the immune system. Learning to source the three worlds with your energy body. Dancing with your power animal. Creating a group energy body, accessing the central fire. Connecting with the energy body of the earth. $40–$60 sliding scale. Call 769–6150 or 647–5123, cuzco@umich.edu.

Photo by Linda Lawson

Reiki Master and Massage Therapist, Suzy Wienckowski, is shown above with her son, Dylan. They are doing Reiki on her nephew, Adam.

Interfacing with the Landscape and its Choir of Inhabitants: Shamanism on the Trail with Phil Rogers • Date to be announced • After beginning with breathing, movement and other exercises to alter one's vision, we will head out on the trail, learning to dance our power animals to spread ourselves through the landscape. Object: acquaintance/communion with the spirits of trees, rocks, trails, streams, birds, etc. Evening: water ceremony, brief performance. $40–$60 sliding scale for one day; $75–$100 for two days. Call 769–6150 or 647–5123, cuzco@umich.edu.

Seeing and Entering the Crack Between the Worlds: Cultivating Communication Skills for the New Millennium with Phil Rogers • Ongoing • For small groups/communities that have already been working together for some time who want to amplify their level of communication, commitment and sharing by opening up new dimensions in their individual and group work. Prerequisite: One or two of your group members must attend one of the basic workshops. Negotiable group fee. Call 769–6150 or 647–5123, cuzco@umich.edu.

Singing & Songwriting

Voice for the World Singing Class with Jesse Richards • Six week sessions beginning Sept. 17 and 19 as well as Oct. 29 and 31. Beginners: Thursdays, 5:30–7:00 p.m.; Continuing: Saturdays, 10:30–Noon • This class combines the teaching of solid vocal technique, group sharing and a supportive space to perform. We also explore voice as a means to personal and planetary healing. Beginners class is open to all singers who have not previously trained with Jesse. Continuing level is open to all singers who have previously trained with Jesse. $90. Call 995–2972.

Songwriting: A Path to Self-Expression, Discovery and Healing with Laura Massaro • 2 consecutive Saturdays, 10:00–1:00 • For musicians and non-musicians, creative writers of all kinds. For anyone who would like to learn how to use words, poetry, music to communicate feelings, access your inner voice and experience healing in a supportive environment. $75 for both days includes snacks. Call 971–6627.

Personalized Songs/Musical Healing Circles with Scott Kalechstein • Sept. 10 at 6:00 p.m. or Sept. 12–13 • Gather with a small group (maximum 8 song recipients) to receive your own one-of-a-kind personalized song, meaningful to your unique journey in life, intuitively composed by Scott Kalechstein and recorded for you on cassette. Scott's songs have been described as "like having a cheerleading squad on the sidelines of your life" and as "the most powerful medicine around for taming the inner critic." For complete times and costs, call 421–5705.

Womyn's Drum and Song Circles with ShuNahSii Rose and Lori Fithian • Sept. 25, Oct. 23, Nov. 20, 7:30 p.m. • For complete description, see listing under Drumming section. $10. Call 761–9148.

Spiritual Development

Second Mondays: A Monthly Gift for Your Spirit with Dale Crayne of Soundings: Center for Women • Second Mondays of each month beginning Sept. 14, 6:00–8:00 p.m. • Life is a great teacher. Use your life experiences to grow spiritually. Through meditation and supportive group discussion, learn to listen to your own inner wisdom. Free. Call 973–7723.

The Twelve Truths Discussion • Sept. 14, 7:00 - 9:00 p.m. • Join us for a book discussion, book signing, and hors d'oeivres with Robert T. Stone, author of the new release *The Journal - a Message from the Council of Ancients* on the Twelve Truths. You will recieve a condensed copy of the Twelve Truths. Join us for an evening of enlightening and inspiring discussion. Free. Call 734-207-5310.

Ask Your Angels with Rose M. Beres through Ageless Wisdom • Oct. 12, 19 and 26, 7:00–9:00 p.m. • At a time when we need more direction than ever to prepare for the enormous changes ahead, reawaken to your angels and receive a practical guide to working more closely with these messengers from heaven. Learn the basic steps to connect with your angels and how to communicate with them. Discover ways to release and heal yourself of negative self-beliefs and energy blockages, thus enhancing receptivity with your angels. A personal energy reading will be included as part of the program. You will learn meditations and techniques for opening to the wisdom of your celestial companions. $69. Call 734–207–5310.

Spirit Talks: Messages from our Guides in Spirit with Jewel Shelden • Sept. 17, Oct. 15, Nov. 13, Dec. 11, 7:00–9:00 p.m. • Channeling by Jewel and Micki. You may ask questions of the guides as well as relatives that have passed into spirit. This event will be similar to an old-fashioned spirit message circle. $15. Call 998–0604.

Past Life Regression with Jewel Shelden • Oct. 10, 7:00–9:30 p.m. • We are influenced by our previous incarnations. Fear and phobias, issues round weight loss and difficulties with significant persons in our lives can all stem from past life traumas. Musical and artistic talents and healing gifts are often improved upon while carried over from lifetime to lifetime. We will use a relaxing meditation technique to explore three of our past incarnations for insight and information. $25. Call 998–0604.

Re-Membering the Temple With Lorna Brown and Julia King • Level I: Ongoing Saturdays; Level II: Sept. 11, 7:00–9:30 and Sept. 12, 10:00–4:00 • Awaken ancient memories and reclaim lost energy by engaging in deeper relationship with Inner Essence, including experiencing subtle energies, expanding psychic and intuitive awareness, integrating healing modalities and claiming personal power. Level I deals with transforming personal energy patterns. Level II focuses on expanding our vision and connection. $100 for Level I; $150 for Level II. Call Lorna at 428–8748 or Julia at 313–785–8488.

What Is Sacred Geometry and Ascension with Lorna Brown • Oct. 14, 7:00–9:30 p.m. • An introduction to sacred geometry as it relates to the human energy field, Merkabas, Earth history and the process called ascension. $25. Call 428–8748.

Flower of Life Workshop with Lorna Brown • Nov. 7 and 8, 9:00–5:00 • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connections with higher self and fully opening your heart. Helps to realize the connectedness of all life and your purpose in it. $222. Call 428–8748.

Sacred Wisdoms for Spiritual Living with Brenda Morgan • Oct 16, 7:00–9:00 p.m. • Our life is to be a celebration of God, a grand and playful experiment, learning how to express our Divine uniqueness. The earth is to be a true playground in which expression is free and unburdened with fears of imperfections and mistakes. Only the Living Spirit is perfect and does not change; all else arises from It. During this seminar, Brenda will share the insights, wisdom and meditative state arising from her spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, helping participants explore ways to express such sacred wisdoms within their own lives. $35. Call 996–3453.

Lives without Judgments, Lives without Fear with Brenda Morgan • Oct. 17, 9:00–4:00 • This day-long spiritual intensive will focus on the intertwined mechanisms of judgment and fear, blockages to a life based on opening to happiness rather than trying to avoid unhappiness. Emphasis will be on participants learning how to dismantle these mechanism, preparing for deeper spiritual opening. To catalyze this, various activities and meditation arising from Brenda's spiritual transformation in which Inner Enlightenment/No Mind Within has occurred will be shared. Call 996–3453.

Spiritual Passages: Seeing the Evolutionary Process at Work in Your Life with Brenda Morgan • Dec. 4, 7:00–9:00 p.m. • This seminar will focus on participants seeing and learning ways to see the deeper spiritual structures and karma of their life experiences, not just the human karmic connections. Deciphering the unique codings of our lives allows trust, passion and the yearning for the Holy Spirit to arise naturally. Opportunities for sharing, exploring and understanding one's life from this perspective will be shared, triggered by the wisdom, insight and silent meditation flowing from Brenda's spiritual transformation of Inner Enlightenment/No Mind Within. $35. Call 996–3453.

A Gathering in Spirit with Brenda Morgan • Dec 5, 9:00–4:00 • This spiritual intensive is for those wishing to continue to deepen their spiritual/meditative practices and openness to God. It will be offered on a regular basis with each intensive being different. Through a variety of catalytic activities and silent meditation based upon Brenda's spiritual transformation of Inner Enlightenment/No Mind Within, participants will have opportunities to see their egoic strategies/resistances to Spirit and how to return their attention to the meditative/prayer process. No experience necessary, just a sincere desire to open to God. $85. Call 996–3453.

Photo by Linda Lawson

Soul Circles: Using Wisdom Master Winged Wolf's Books as Study Guides – *The Shamanic Journey of Living as Soul, Dialogues with a Shaman Teacher* and *Recognizing God* with Nancy Jeruzal • First and Third Tuesdays, 7:00–9:00 p.m. as well as a new soul circle forming with dates to be announced • You and I are the expression of Soul within the circle of life. Come study the Jeweled Path of Living Wisdom. Learn the teachings of Wisdom Master Winged Wolf. Study topics include mental states, mind vs. consciousness, steps to your destiny, resolving karma and living a life of peace. $5 for Tuesday group; $2 for group being formed. Call 810–229–2459, wholeheartedfrog@juno.com.

Touching the Holy: Experiences of Christian Prayer with Patricia Benson of Weber Center • Sept. 22: Early Christian Lectio Divina, Oct. 6: Desert Mothers and Fathers: Silence, Oct. 20: Martin Luther: Lex Orandi, Lex Credendi, Nov. 3: Practice of the Presence of God, and Nov. 17: Imaginitive Meditation, 7:00–8:30 p.m. • This series highlights five ways Christians through the centuries have intentionally deepened their spirituality. Each evening includes a short introduction, followed by a prayer experience and opportunity for questions, discussion and sharing. $10 per session. Call 517–266–4000, Webercentr@aol.com.

The Wheel of Sanctuary with Robin VanDoren of Weber Center • Nov. 6 at 7:30 p.m. through Nov. 8 at 1:00 p.m. • The wheel is an archetypal form found worldwide. It is a wonderful council form, allowing a question to be answered from eight or 16 totally different perspectives – that of the fool, tradition, warrior, shaman, witch, tribal chief, creator and pattern keeper. The wheel welcomes all persons – those new to this form or old familiars. $225. Call 517–266–4000, Webercentr@aol.com.

An Experiential Journey into the Sacred with Asha Paul, Russill Paul and Wayne Teasdale • Nov. 6 at 7:30 p.m. through Nov. 8 at 1:00 p.m. • This retreat includes contemplative meditation, gentle yoga, shabda yoga (the yoga of sound), nutrition and its relationship to health and spirituality, exploration of the spiritual journey itself and holy laughter. The retreat is designed to bring the whole person (body/mind/spirit) into the experience of prayer, return a sense of the sacred to all of life and develop they mystical dimension of life in each of us. $200. Call 517–266–4000, Webercentr@aol.com.

> "Remember that sometimes monsters only need to be kissed to be turned into beautiful princes and princesses."
>
> - Madeleine L'Engle

An Introduction to the Pathwork Teachings: Lecture Study Series sponsored by the Great Lakes Pathwork • Weekly and monthly classes offered in 2 hour sessions • This is a series of ten classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. Specifics of each series to be determined. $275 includes all lectures studied and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930–0864.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Lisa Wolf at 930–0864 or Nick Meima at 769–0268.

Access Your Inner Wisdom with Sheila Layla Ritter at the Balancing Mind, Body and Spirit Conference • Nov. 7 • Each of us has access to deep self-knowledge and universal wisdom. We will use music, sound, movement, imagery and meditation to guide ourselves in growing, opening and healing. $95 for entire day-long conference. Call 973–0684, layla@m-net.arbornet.org.

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • Seven Monday evenings beginning Sept. 13 • Rather than a time of crisis, mid-life can be a powerful call from out Soul to be authentic, claim our gifts and honor our drams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest the gifts from our past, create a sacred space to let of the "if only's" and map our dreams for the future. Come initiate your rite of passage to this most wonderful time of life. $155 includes art supplies and a light supper. Call 665–4577.

The Field of Spirit with Sandia • Weekly • Introduction to the concepts of active meditation, intent, direct experience, energy healing, the paradox of soul, light body, self realization, God realization, spiritual sexuality and multi-dimensionality. Donation suggested. Call 484-4840.

Jain Teachings at Lighthouse Center • Fourth Sunday of each month, 1:00–3:00 p.m. • Jain teachings and Jain philosophy by Ashok and Leena, two Jains from the Detroit Jain Temple. Free. Call Nirmala at 663–2218.

Storytelling

Storytellers Retreat '98 • Sept. 18–20 • For all who love storytelling! A weekend to explore the art among new friends. Share in a 3-day getaway at Camp Wathana, a picturesque site nestled in the woods. Accommodations include rustic lodge/cabins, hearty food and a spectacular nature experience. Participants will experience a host of diverse storytellers and entertainers who will share their art and knowledge. Presenters, storytellers and entertainers include Debra Christian, Robert Jones, Marc LeJarett, Jim Neely, Gerry McBean and Larry Givens. Wonderful for parents, educators, therapists and librarians. $189. Call 451–1128, DebraC4@aol.com.

Storytelling: An Approach to Spiritual Direction with Sheila Otto through Visitation • Oct.13, 7:00–9:00 p.m • Telling our story is a way for us to hear, see and understand the many threads of our lives. The evening includes the experience of storytelling, reflection and participative dialogue. $10. Call 242–5520, visitation@teleweb.net.

Stress Reduction & Relaxation

Stress Management: Embracing the Peace Within You with Melanie Peelman-Fuscaldo • Part I: Sept. 22, Part II: Sept. 29, Noon–1:00 p.m. both days • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well-being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your sense of peace. $30 per session. Call 665–8699.

The Crazy Wisdom Calendar

Tai Chi

Intro Aikido with Jesse Nichols • Thursdays, 7:30–8:30 • Ongoing basic class in Aikido • $35 for four classes • Call 913–1072, Jessenchol@aol.com.

Tai Chi Chuan with Evie Craig through Visitation • Sept 21–Oct. 26, Beginners: 7:00–8:00 p.m., Advanced: 8:15–9:00 p.m. • An opportunity to learn the basic movements of Tai Chi Chuan, Yang form, and to learn new forms. This experience invites a person to become deeply focused in the center of one's being. The sessions are open to those with no experience and/or those who have experience. Dress comfortably. $45. Call 734–242–5520, visitation@teleweb.net.

Chen Style Tai Chi Chuan with Great Lakes Wushu • Classes begin Sept. 10, Beginning Level: Mondays, 6:00–7:00 p.m., Thursdays: 7:00–8:00 p.m. and Saturdays, 10:00–11:30 a.m. • Complete instruction in traditional Chen style tai chi. Classes also offered in other styles of Northern Chinese Kung Fu. $60 per month or $50 per month for students. Call 994–5980.

Chinese Healing Kungfu through Magic Dragon Studios with Victor Chao • Tuesdays and Thursday, 8:00–10:00 p.m. and Sundays, 2:00–4:00 p.m. • Bagua, Xingyi, Tai Chi, Qigong and Tuina bodywork offered. Bagua uses inner power in winding, wrapping curves of a whole body movement. Regular practice helps join body, breath and mind. $50–$80 per month • Call 663–8073 or 313–314–1798, victor_chao@juno.com.

Tai Chi Chuan: The Movement Journey of Life with Hava Jean Delgado • Sept. 21–Dec. 1, Mondays, 7:00–9:00 p.m. • Each Tai Chi posture tells a story. In this class, we will not only learn these postures but also explore their mental images, spiritual essence and emotion content to discover our own personal movement journey of life. We will do a gentle stretching warm up, breathing meditation, learn Tai Chi, journal writing, drawing and sharing. $40 for 4 classes. Call 697–1579, HJRaven@aol.com.

Isshinryu Karate with Vincent Kasaba • Mondays, Wednesdays, Fridays, 7:30–9:00 p.m. • The classes are fast-paced, vigorous and fun. Beginners and experienced students welcome. Great exercise and self defense taught at each class. $50 per month. Call 434–6249, www.umich.edu/~magicdn.

Tae Kwon Do with Tom Hart • Tuesdays, Oct. 13–Nov. 17, 7:00–9:00 p.m. • Open to all skill levels, this class will teach a comprehensive style of self defense, building upon a solid foundation of traditional Tae Kwon Do. This style adds a variety of self defense techniques that borrow from Aikido, Judo and police defense tactics. Tae Kwon Do emphasizes personal development, self defense and harmonization of mind, body and spirit. $40. Call Leslie Davis at Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

Beginning Tai Chi Chuan with Aiji Pipho • Thursdays, Oct. 8–Nov. 12, 6:00–8:00 p.m. • Tai Chi Chuan is an internal Martial Art that focuses on using the mind to perform the movement, not brute strength. Its slow, graceful movements and relaxed breathing process can contribute to a general improvement in health by relaxing mind and body, as well as improving balance and concentration. $40. Call Leslie Davis at Pierpont Commons Arts & Programs at 764–7544, serapion@umich.edu.

CK I: Fundamentals of Chi Kung with Master Wasentha Young • Sept. 15–Nov. 17, Tuesdays, 8:00–9:00 a.m. • Chi Kung is a type of Chinese yoga. It is a system using exercises, imagery and stretches that directly effect the energy pathways (meridians) of the body. Using visualization, movement and breathing techniques, Chi Kung helps enhance, integrate and strengthen one's vital energy to maintain health, prevent illness and achieve longevity. $150 Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

CK II: Wild Goose Chi Kung Form with Master Wasentha Young • Sept. 15–Nov. 17, Tuesdays, 9:00–10:00 a.m. • The Wild Goose Chi Kung Form (64 continuous movements) gently stretches and loosens the body as it simultaneously effects the body's energy pathways. Once learned, it takes 15 minutes to perform, giving the body a complete and stimulating workout. Because it utilizes all of the fundamentals of Chi Kung, it is suggested that participants either take CK I or have some experience with Chi Kung before taking this class. $150. Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

CK III: Intermediate Chi Kung with Master Wasentha Young • Sept. 17–Nov. 19, Thursdays, 8:15–9:30 a.m. • This class if for students who have completed CK I and II and wish to continue with their practice. It will involve sitting and standing meditation, practice of the Wild Goose Form and relative study of the 5 Element Theory. $165. Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

Tai Chi Saber (Dao) and Staff Form with Master Wasentha Young • Sept. 15–Nov. 17, Tuesdays, 7:15–8:30 p.m. • Students who have completed any style of Tai Chi Chuan often go on to either study Push Hands (interactive) and/or weapons (solo form or interactive). This class will focus on the saber and the staff. Both forms will be taught during this semester. Stationary and free style Push Hands and Application of Form classes are also available. $165. Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

Tai Chi Chuan for Young Adults (Ages 13–17) with Master Wasentha Young • Sept. 19–Nov. 21, Saturday, 11:00 a.m.–Noon • Participants will learn the fundamentals of Tai Chi Chuan and Chi Kung. This class will also have an interactive component where students will study the principles of Push Hands – Listening, Adhering, Yielding and the Neutralization of force. $150 also includes one practice session per week. Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

Tarot & Divination

Palmistry with Jewel Shelden • Tuesdays, Oct. 6–Nov. 12, 7:00–9:00 p.m. • Our hands revel character traits, talents and aptitudes, inherited health tendencies and much more. Learn to interpret the lines, signs, skin types and fingerprints. $40. Call Leslie Davis at Pierpont Commons Arts & Program at 764–7544, serapion@umich.edu

Introduction to I Ching with Jennifer Johnson • Oct. 17, 1:00–3:00 p.m. • I Ching, the oriental art of divination, is based on the belief that all events and phenomena in our lives are a result of the interaction between the forces of Yin and Yang. Bring 5 pennies and a dime and a receptive mind. Leave with a tool that will guide and teach you on your life path. This class is one of 3 interrelated disciplines being taught the same day: Feng Shui, I Ching and 4 Pillars of Destiny. $35. Call Jennifer Johnson at 517–332–3277 or Lynn Meadows at 662–3446.

"You are given the gifts of the gods; you create your reality according to your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self except those you believe in."

- Jane Roberts

Free Falun Gong Class: A New Chinese Exercise of Mind and Body with Falun Gong Group at University of Michigan • Sundays, Sept. 1–Dec. 31, 10:00 a.m.–Noon • Teach a Chinese exercise of mind and body, smooth and elegant movements. Good for all ages. Free. Call Liping at 327–1309, yingnian@umich.edu.

Tai Chi at Jewel Heart • Sundays beginning Sept. 13, 4:30–6:00 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 donation suggested. Call 994–3387 or 994–6139.

Tai Chi Chuan I: Beginner with Master Wasentha Young • Sept. 17–Nov. 21, Thursdays, 7:15–8:30 p.m. or Saturdays, 9:30–10:45 a.m. • Tai Chi Chuan is a Chinese Internal Style Martial Art. Its emphasis is on the integration and cultivation of one's vital energy with the body and mind. Tai Chi Chuan strengthens one's balance, concentration, coordination and general well-being. Characterized as "meditation in motion," its unique, slow and graceful movements and breathing techniques help to relax mind and body. $165. Call Peaceful Dragon School at 741–0695, WAY4pdstcc@aol.com.

Tarot and Psychic Development I with Mateyo Empie, the Medicine Woman • Six weeks beginning Sept. 21 or Nov. 9, 7:30–10:00 p.m. • Explore your psychic gifts with the tarot and other oracles. We will cover grounding and centering, entering a card, choice, care and feeding of the deck, setting psychic boundaries, opening your ability to find a personal set of meanings for the cards and more. This is a fun class with concrete results, the first in a six month series leading to professional level expertise. $145–$195 sliding with first meeting free. Call 663–5505, Snakewillo@aol.com.

Therapy & Support Groups

Celebrate Sobriety: Serenity Retreat for Women with Bridget Kenny • Oct. 16 at 7:30 p.m. through Oct. 18 at 1:00 p.m. • By name, we have been called to this journey through the 12 steps. Come and celebrate our recovery with other women in Ann Arbor. $100. Call Weber Center at 517–266–4000, Webercentr@aol.com.

Proud to Be Me: A Self-Esteem Workshop for Women with Staff of Soundings: Center for Women • Six week class offered regularly, 7:00–9:00 p.m. • Learn how to deal with your toughest critic – yourself. Join this group and develop a new and positive self-image. Start liking yourself and making good decisions in your life. $120 with partial scholarships available. Call 973–7723.

Divorce and Beyond Support Group with Lynne Lande of Soundings: Center for Women • Group offered regularly • Information and resources for coping with divorce. We offer encouragement and support to women in a safe setting. $160 with partial scholarships available. Call 973–7723.

Living with Depression: Support Group for Women with Sandi Cooper of Soundings: Center for Women • Six week groups offered regularly • Depression can make you feel helpless, hopeless and alone. Through positive reframing and peer support, learn about the symptoms, causes and treatments that may be appropriate for you. Most importantly, regain the ability to heal and believe in yourself again. Sliding scale cost. Call 973–7723.

Coming Out Group for Lesbian and Bisexual Women with Staff of Soundings: Center for Women • Eight week group offered regularly • Join us in a safe place to explore the complex issues of coming out. Coming out to yourself, your family and becoming part of the community. Each woman's issue will be respected and addressed. Sliding scale cost. Call 973–7723.

Divorce and Beyond Workshops with Local Attorneys, Therapists and Other Professionals through Soundings: Center for Women • Wednesdays, Oct. 14–Nov. 4, 7:00–9:00 p.m. • Local attorneys, therapists and other professionals present valuable information and support to assist women through the divorce process. We will cover an overview of divorce, financial survival, alimony, property, etc. $20 for each session or $75 for all four sessions. Call 973–7723.

Therapeutic Group for Adolescent Female Survivors of Sexual Abuse with Laura Sanders • Tuesdays, 3:30–5:00 p.m. • The group's primary focus is directed toward the processes of healing, management of post-traumatic symptoms as well as daily stressors, advocacy and group-building (the development of honest and trusting relationships). $25 per session with sliding scale available. Call 763–3785, lsanders@umich.edu.

Female Survivors of Sexual Abuse: Group Therapy with Carol Plummer and Rebecca Wood • Sept. 14–Nov. 30, Mondays, 6:00–7:30 p.m. • The group will include psychoeducational exercises, goal-setting, peer support and is recommended in conjunction with or following individual therapy. Sliding scale cost. Call Joanne Hartmeyer at 763–3785.

Women with Relationship, Sex and/or Self-Esteem Issues with Laurie Krauth • Date to be announced • Whether you are struggling for intimacy with your partner, newly separated, experiencing sexual problems or doubting your self-worth, you will explore and defeat self-sabotaging behaviors and patterns. $25 per session. Call 313–210–4420, LKrauth@compuserve.com.

Overcoming Anxiety with Laurie Krauth • Date to be announced • Practical behavioral and cognitive techniques to reduce and overcome panic, anxiety, excessive worrying and phobias. $25 per session. Call 313–210–4420, LKrauth@compuserve.com.

A Path to Healing with Chuck Farhat through Ageless Wisdom • Sept. 22–Nov. 10, 7:00–9:00 p.m. • An eight-week committed workshop that will give participants an opportunity to work through all developmental stages for birth to adulthood. Participants will learn ways to heal the pat, reclaim their inner self and become their own loving parent so they can learn to live in the here and now. $300. Call 464–9503.

Ongoing Group Psychotherapy with Mark Blough • Saturdays, 9:30 a.m.–12:30 p.m. • This group is designed to assist members in making life-long changes. Any and all issues – interpersonal and intrapersonal – are addressed in a safe, nurturing environment. $40. Call 797–7667 or 930–0864.

Group Therapy for Anxiety with Mark Blough • Mondays, 4:00–6:00 p.m. • Group is designed to have a safe place in which members can be vulnerable and change those decisions they have made concerning their emotional safety, danger, physical sensation, safety boundaries, physical and emotional security. $40. Call 797–7667 or 930–0864.

Group Therapy for Depression with Mark Blough • Mondays, 7:00–9:00 p.m. • A group in which members can release their depression, learn to prevent relapse of depression in the future, to experience that one does not have to always be depressed. The group leader will create a safe environment with support, protection and nurturance to make your desired changes. $40. Call 797–7667 or 930–0864.

Becoming the Way We Are with Kathy Blough • Wednesdays beginning Oct. 28, 9:30–11:30 • This eight-week group is an exploration into your past to identify and change early decisions that you are still operating on today, current stuck places in your life, reoccurring problems and learned unhealthy behaviors that are interfering with your ability to experience joy, peace and happiness. $40 per session. Call 313–814–0856.

Life Support: A Group for People who have Contemplated or Attempted Suicide with Kathy Blough • Twelve weeks beginning Tuesday, Oct. 6, 9:30–11:30 a.m. • A psychotherapy group for people who struggle with the decision to live, feel helpless or hopeless, confused or fearful and have difficulty problem solving. Participants will have the opportunity to redecide to live, identify and work through unsolved problems used to justify killing oneself, reduce fears and confusion about living and learn to live fully with joy and enthusiasm. $40. Call 313–814–0856.

Skills Training for Emotional Well-Being with Kathy Blough and Michele Rivette • Beginning Sept. 10, 7:30–9:30 p.m. and Dec. 16, 11:00 a.m.–1:00 p.m. • A program for adults who struggle with coping, emotional reactivity and impulsiveness or self-defeating behaviors that affect their life functioning and interpersonal relationship in a negative and painful way. Skills training will teach you how to live with less emotional suffering and more joy, to tolerate painful emotions and find effective solutions to problems rather than engaging in self-destructive behaviors, to find and keep good relationships and to cultivate mindfulness in your daily life. $40 per session. Call Kathy at 313–814–0856 or Michele at 930–2200.

Women Survivors of Sexual Abuse Psychotherapy Group with Lisa Wolf • Wednesdays, 5:30–7:30 p.m. • This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While the specific focus is healing from sexual abuse, group members often deal with a variety of issues – relationship concerns, work problems, death, divorce, current and old pains, present and past anger, self confidence issues – with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $35 per session. Call 930–0864.

"Forgiveness recognizes what you thought your brother did to you has not occurred."

- A Course in Miracles

Womenspirit

Womyn's Sacred Mysteries with ShuNahSii Rose • Mondays, Nov. 2–Dec. 14, 7:00–10:00 p.m. • From puberty and first menstruation through childbirth, creation, menopause and death, womyn's lives have journeyed this path for eternity. In modern times, we have lost the map for honoring cycles of changes. We have come to believe that we become "less" at each passage, when in truth, we only become richer and more vast. We will explore our rites of passage as womyn from herstorical and current perspectives. We will learn to view our bodies and their changes as a source of profound spiritual wisdom. We will reclaim the bountiful knowledge of our "ansisters" through history, myth, song, discussion, meditation and magick. If you are to take one class to help you understand yourself as a womon in this world – this is it. $150–$200 sliding scale with course pack and materials included. Call 761–9148.

Jam for our Ancestors: Womyn's Drum/Song Circle with ShuNahSii Rose and Lori Fithian • Nov. 1 • Get together and honor those that have gone before us. We'll drum and sing and tell stories for our grandmothers, elders and all those that we honor and hold sacred. We'll build a shrine together. Bring photos, mementos, stories, candles in glass cups and songs. $10. Call 761–9148.

Sacred Awakenings: Healing through Connection with Karen Borruso, Barbra Mazie, Mahla Wood, and Melanie Pupel • Oct. 30–Nov. 1 • A weekend retreat specifically created for women committed to a journey of personal growth who are seeking an intensive healing experience. $225–$250 depending on preferred accommodations. Includes meals and lodging. Call Barbra at 975–2877, Karen at 810–629–5316 or Melanie at 517–323–6992.

Healing Ourselves, Healing Our World with Sandra La Roe • Thursdays, 10:00 a.m.–Noon • Ongoing interfaith discussion group for women focusing on current books/tapes of authors from a wide range of spiritual/healing philosophies. New members welcome. $1 donation for space. Call 995–2429.

Creative Explorations into our Eco-Feminist Connections with Meghan Lewis and Wasentha Young • Six monthly meetings on Sundays, 10:00–4:00; First meeting on Oct. 11 • Exploring our conscious relationship with the natural environment through the creative arts and expressive movement is the intention of these gatherings. Within the community of our womyn's circle, we will honor our mythic, elemental and feminist connections with the Earth as we create altar icons, masks, shields and Goddess imagery as well as explore integrative movement and journaling. $270 for six meetings. Call 741–0695.

Women's Empowerment through Spiritual Growth with Dale Crayne of Soundings: Center for Women • Six week classes offered regularly • Empower yourself by applying spiritual principles to life's daily challenges. Join us for group discussion, meditation and self-awareness exercises in an open, supportive setting. $60–$120 sliding scale. Call 973–7723.

Women of Power: Being a Crone is FUN! with Bronwen Wildflower • Six Sundays beginning Oct. 4, 7:30–10:00 p.m. •e Woman knows she has power and is not afraid of claiming it, of being the Crone. For Crones-in-the-Making or Already-Crones, this circle of women teaches you more about your power, and how to claim the stories that others will read in your soul – stories of birth and death, of doorways opening and closing by your choice and your design. Come and have fun. It is time for the Crone to awaken and return. $150 or $135 if paid by Sept. 26. Call 769–9014.

The Crazy Wisdom Calendar

Womanspirit (continued)

There has to be a God who Weeps : A Women's Retreat with Jan Schlichting and Connie Schoen of Weber Center • Oct. 23 at 7:30 p.m. through Oct. 25 at 1:00 p.m. • This retreat is for survivors of sexual abuse traveling a spiritual journey and struggling to rebuild shattered lives and trust in self and others. Reflect on your experience of healing and attempt to name and understand our experience of God, past and present. $100. Call 517–266–4000.

A Family of Women with Sally Gabany through Visitation: Center for Prayer and Spirituality • First Friday of each month beginning Oct. 2, 7:00–9:00 p.m. • You are invited to gather with other women who are seeking support, enrichment and companionship for their spiritual journeys. Group experiences will include prayer, sharing and celebration of our life-stories as a way of enhancing and affirming each person's unique spiritual path. Please bring your favorite cup to our first gathering. $5–$10 sliding scale with materials provided. Call 734–242–5520.

Work & Right Livelihood

Building a Business the Zen Way with Geri Larkin of Zen Buddhist Temple • Three Tuesdays beginning Oct. 6, 6:30–9:00 • The training program for people who want to start and build Right Livelihood Businesses, which embrace the principle of respecting all things. Examples include home health care, organic foods, social action, child and eldercare, meditation and recycling. Class limited to 25 participants. $10–$25 per class. Call 761–6520.

Career Connection with Anne Benedict of Soundings: Center for Women • Thursdays, Oct. 15–Nov. 19, 6:00–9:00 p.m. • Considering a job or career change? Start first by creating your ideal job description and learn how to research possible matching careers. We will also discuss networking, resumes and cover letters, interviewing and salary negotiations. $180 with partial scholarships available. Call 973–7723.

Steps to Financial Stability and Success with Jan Eveswell of Soundings: Center for Women • Saturdays, Oct. 31–Nov. 21, 10:00 a.m.–Noon • Become comfortable with taking steps toward financial success. Develop a personal financial plan and learn tools to manage your money, including record keeping, goal setting, creating a spending plan, credit, loans and savings. $80 with partial scholarships available. Call 973–7723.

Yoga

The Great Relaxation Class: Sivananda Yoga with Jody Tull Tyler of Yoga Today • Mondays at 12:05–12:55, Tuesdays at 11:30 a.m.–1:00 p.m., Thursdays at 5:30–7:00 p.m. • Each class consists of a series of stretching asanas (exercises) that allow the student to slow down, breathe and feel utterly connected with him/herself while becoming refreshed and more focused. Daycare provided for Tuesday class. For cost, call 663–3798, Jodytyler@aol.com.

Yoga Happy Hour with David Rosenberg • Sundays, Oct. 3–Nov. 8, 4:30–6:00 p.m. • Take a study break and refresh yourself! This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility to perform basic yoga poses. Explore the benefits of this ancient tradition and give yourself and your studies a boost. Wear comfortable attire – shorts and t-shirts recommended. $40. Call Leslie Davis of Pierpont Commons at 764–7544, serapion@umich.edu.

Bhakti Yoga through ISKCON Center in Detroit • Wednesdays, 5:00–7:00 p.m. • We meet weekly to provide an opportunity for interested guests to learn more about Bhakti yoga. We being with mantra meditation or chanting, engage in discourse, and serve a free vegetarian dinner. Everyone is welcome. Free. Call 332–9620, bhakti.yoga@umich.edu.

Ann Arbor School of Yoga Classes in Asana and Pranayama with Laurie Blakeney • Ongoing • Classes in postures (asana) and pranayama (meditative breathing). $105 for 10-week sessions. Call 663–7612, LJBlakeney@aol.com.

Yoga Classes through Inward Bound Yoga Program with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman • Five levels of Hatha Yoga classes, Astanga Yoga, Postures to Sacred Music, Yoga Dance and workshops. For brochure, call Barb Linderman at 971–8562.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15–10:00 a.m. • Ongoing drop-in class. Call 996–4549.

Wake-Up Yoga to Music through Inward Bound Yoga Program with Barb Linderman • Wednesdays, 7:30–8:30 a.m. • Ongoing drop-in class. $5. Call 971–8562.

Yoga: Mixed Level Class Suited for Beginners with Ema Stefanova • Sundays at 5:00 p.m., Mondays and Thursdays at 7:30 p.m. • Postures, breathing, relaxation and meditation is the focus of this class. Students welcome to work toward individual programs to meet their special needs. Call 665–7801, EmaStefanova@compuserve.com.

Learn How to Teach Yoga with Ema Stefanova • Ongoing beginning Sept. 14 • Learn the origins and principles of how simple postures, breath awareness, relaxation and meditation work, their benefits and contraindications. Then teach them to your family and friends. You will expected to commit to a certain number of hours in class – practicing and assisting. For serious candidates only. Call 665–7801, EmaStefanova@compuserve.com.

Yoga for Busy People with Ema Stefanova • Tuesdays beginning Sept. 14, 7:15 a.m. • A short but all round course for busy people will be taught consisting of major postures, specific pranayam and relaxation techniques. Aimed at healthy individuals. Call 665–7801, EmaStefanova@compuserve.com.

Yoga for Convalescents and the Elderly with Ema Stefanova • Tuesdays beginning Sept. 15, 10:00 a.m. • Very basic gentle movement, simple breathing and powerful relaxation and meditation techniques will be taught in this class. People with disabilities welcome. Call 665–7801, EmaStefanova@compuserve.com.

Overnight Yoga and Meditation Retreats with Ema Stefanova • Sept. 12–13, Oct. 24–25, Nov. 7–8, Nov. 21–22 • Relax and recharge in the spirit of yoga and meditation. Learn and improve yoga and meditation techniques more in depth. Ask questions. Call 665–7801, EmaStefanova@compuserve.com.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00–3:00 p.m. • For complete description, see listing under Kids & Young Adults section. Call 665–7801, EmaStefanova@compuserve.com.

Yoga for Kids (Ages 7–9) with Ema Stefanova • Saturdays, 3:00–4:00 p.m. • For complete description, see listing under Kids & Young Adults section. Call 665–7801, EmaStefanova@compuserve.com.

Iyengar Style Beginning Yoga Class through the YMCA with David Rosenberg • Thursdays, Sept. 10–Oct. 22 at 4:00–5:30 p.m.; Thursdays, Nov. 5–Dec. 17 at 4:00–5:30 p.m.; Sundays, Sept. 12–Oct. 24 at 2:15–3:45 p.m. • Sundays, Nov. 7–Dec. 20, 2:15–3:45 p.m. • Using beginning yoga poses and techniques, we stretch, strengthen and align body and mind. Yoga is great in helping back paid, mental stress and increasing flexibility. $61. Call 662–6282, massage4@aol.com.

Iyengar Style Intermediate Yoga Class through the YMCA with David Rosenberg • Sundays, Sept. 12–Oct. 14 at 12:30–2:00 p.m.; Sundays, Nov. 8–Dec. 20, 12:30–2:00 p.m. • $61. Call 662–6282, massage4@aol.com.

Iyengar Style Beginning Yoga Class with David Rosenberg • Saturdays, Oct. 3–Dec. 12, 9:30–11:00 a.m. • $45. Call 662–6282, massage4@aol.com.

Enlightenment does not consist in imagining figures of light, but in making the darkness conscious.

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See the Calendar Listings for
Classes and Public Rituals

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…la teaches the path of Tantric Buddhism in the …gma Lineage. For the past 8 years, she and her …band, Khepa, have lead the Crazy Cloud Hermitage at …gyalgar, a residential meditation community just …ide of Ann Arbor.

…e Anderson is co-founder of the Ann Arbor Institute of …sage Therapy, and founder of the Ann Arbor Thera…tic Massage Clinic. Since 1984, she has had training … private practice experience in massage therapy, …phatic drainage and craniosacral therapy, and she has …ht Sports Massage workshops.

…ya Angelou is nationally known as a poet, author, …cator and lecturer. She has written numerous books, …uding *I Know Why the Caged Bird Sings*, and *Heart of …Woman.*

…n Arbor Authentic Movement Group is a member …itated group of dancers who come together to practice …entic Movement. The common roots of its members …in the study and practice of Contemplative Dance.

…n Arbor Center for Holistic Health and Traditional …dom is a brand-new foundation dedicated to educa…al excellence through diversity. One of the goals of the …ter is to provide comprehensive professional training … qualification for certification to individuals who would … to work in the emerging professions of holistic health … and bodywork.

…n Arbor Institute of Massage Therapy's instructors … members of the American Massage Therapy Associa… and are certified by the National Certification Board for …rapeutic Massage and Bodywork. Their range of …erience varies from 3 years to 17 years.

…n Arbor School of Massage and Bodywork is a …fied educational and training program for massage …apists and bodyworkers. Barry Ryder is the Director, … Deborah Salerno is the Administrator. Students at the …ool take part in an intensive program designed to lead …tate certification and licensing.

…n Arbor School of Yoga offers classes in Asana and …nayama for all skill levels. The School was founded by …rie Blakeney.

…ge Arenivar is a Sundancer and spiritual teacher, with …r 20 years experience "walking the red road of native …tuality". Also, he has studied with John Pierrakos, … of the founders of Core Energetics work.

…er Baker is a member of the American Massage …rapy Association and is Nationally Certified by the …onal Certification Board for Therapeutic Massage and …ywork. He has been a massage practitioner for 25 …rs.

…lith Banker, MA, LLP, is the founding director of the …ter for Eating Disorders and the owner/director of The …rapy Center of Ann Arbor. She has over 22 years of …cal and training experience in the field of eating …rders and obesity/weight loss.

…bara Barth has studied a variety of religious philoso…s and meditational practices over the last 25 years. … is a Reiki Master, Seichim Reiki Master and Healing …ch practitioner. Her background includes Behavioral … Nutritional Kinesiology, Lightbody Alignment and …manism.

…gy Beals, R.N., has been studying Homeopathy since …6, and has taught classes starting in 1989. She has …ght at the National Center for Homeopathy (NCH) …mmer School since 1991, and has been a Volunteer …gional Coordinator for the NCH Study Group Program …10 years.

…nne Bednar has spearheaded the building of a straw… studio, whose walls will be raised this Fall.

…ne Benedict, BA is Soundings' Director and Career …ch. She draws on 10 years of coaching and teaching …areer development, and 25 years of active involvement … women's issues.

Patricia Benson, OP, Ph.D., is on the staff of Weber Center. The experience of many types of prayer have enriched her own spiritual journey. Over the years, "leading various types of prayer has been a fruitful way of sharing what she has experienced and studied." She "finds joy as she listens to others share their glimpses of the Holy."

Rose Beres is a Reiki Master and intuitive healer. She is the owner of a business in Plymouth, Michigan, called *Ageless Wisdom.* The business' purpose is to restore physical, emotional and spiritual balance.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect. She also works with individuals, couples and groups on issues such as depression, anxiety, grief, self-esteem, anger and stress management.

Laurie Blakeney is an Intermediate Senior Iyengar Yoga Instructor who has been teaching in Ann Arbor since 1977.

Jill Blixt is a creativity coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Blough, MA, LLP has her Masters degree in Clinical and Humanistic Psychology. She works as a therapist in private practice in Ann Arbor, with 10 years experience. She has received extensive training in Transactional Analysis, Gestalt, Family Systems and Redecision Therapy. She works with individuals and leads goups, focusing on those who suffer from anxiety, depression, and self-defeating behaviors.

Mark Blough, MA, LLP has a Masters Degree in Clinical and Humanistic Psychology. He has extensive training in Group and Redecision Therapy, Transactional Analysis, Personality Adaptations and Disorders. He works with groups, couples and individuals who suffer from depression, anxiety, panic, trauma and other issues effecting personal growth.

John Bodary is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 12 years and has been in practice for 19 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Bob Bodi has studied with Tom Brown for many years, learning the wilderness skills and spiritual symbolism taught by Stalking Wolf through Tom Brown.

Judith Bonini, ihm, (Immaculate Heart of Mary) is an experienced spiritual and retreat director. She brings to her work a background of parish work, hospital chaplaincy and overseas ministry. She is a staff member of Visitation.

Karen Borruso, MSW, is a therapist with 12 years experience addressing mental health and substance abuse issues with individuals, groups and families. A student of shamanism, she considers her specialty helping people to find their power and heal themselves.

Patty Brennan is a midwife and health educator with 15 years of experience working with pregnant women and their families. She is co-director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns and Alternatives Sourcepack.*

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron.

Iyengar Yoga instructor Laurie Blakeney

Suzanne Willets Brooks blends performance, teaching and healing in her work; her intention is to help individuals find their inner truth through movement. Her background includes training in emotional/physical integrative bodywork, Reiki I and II, as well as a degree in Education from E.M.U. She is also a lifetime student of Yoga.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. Her current workshop emphasis is on accessing deeper levels of self and relating with Inner Essence. She is a Melchizedek priest, with a spiritual counseling and hypnosis practice in the Ann Arbor area.

Glenn Burdick, MA, LLP, CSW, is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. Specializing in stress-related medical problems and chronic pain and illness, he has integrated spirituality into his psychotherapeutic work for 20 years. He has also done advanced training with Jon Kabat-Zinn.

Anne Carbone, RN, BSN, is the creator of Body Insights, an approach to healing that enhances an individual's natural ability to heal him/herself and be responsible for his/her own state of health. A registered nurse for 22 years, her practice in Ann Arbor includes Hellerwork, CranioSacral therapy, immune health, nutrition counseling, Reiki and Healing Touch.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 13 years. For the past nine years she has lectured on meditation and spiritual practice throughout the Midwest and, more recently, in Ontario.

Center for Eating Disorders is a non-profit organization which offers support, referral, education and awareness services to the community since 1983.

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's Bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Karma Thegsum Choling is the local center for the Karma Kagyu Lineage of Tibetan Buddhism. Established in 1978 by Khenpo Karthar Rinpoche, the center is one of more than 30 KTC's and study groups. The center offers weekly group practice and basic meditation instruction.

Debra Christian is an award-winning storyteller. When she's not spinning stories and telling tales, she's a speech pathologist.

Alan Cohen is the nationally known author of *A Dragon Doesn't Live Here Anymore, Joy is My Compass* and *Companions of the Heart*, among the many books he's written.

Teachers, Lecturers,

Midwife, homeopath, and educator Patty Brennan

Ellen D. Cook is a professional guidance counselor experienced in organizational development, process consultation and intervention training. The *Celebrating the Self I Am* workshop she is leading through Visitation has been offered in the business sector through the American Institute of Banking.

Sandi Cooper, MSW, CSW is Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor. She writes that she has "a keen interest in each individual's unique gift to grow and survive".

Evie Craig, IHM (Immaculate Heart of Mary) currently serves as Membership Coordinator for Visitation. She is an experienced campus minister and spiritual director who believes in holistic approaches that reclaim the wisdom of the body.

Therese Craig, OP, Ph.D., is a practicing spiritual director and workshop leader at Weber Center. She has led journal workshops and retreats in both the U.S. and Canada for 17 years.

Dale Crayne, MA has been a teacher and consultant for 15 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Hermitage is a dharma center of the Nyingma non-monastic tradition.

Larissa Czuchnowsky has been studying with Barbara Brodsky at the Deep Spring Center for 3 years.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado has been a practitioner of Tai Chi Chuan - Long Form Yang Style since 1986, and teaching since 1994. Her Tai Chi lineage goes back to Phil Ho, who taught in Ann Arbor. She is certified in Motional Processing by Alice Rutkowski, who was a student of Anna Halprin (a pioneer in movement therapy).

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness or disability such as arthritis, lupus, MS, Irritable Bowel Syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness.* She also has lived with chronic illness for 15 years.

Jeffrey Duvall is co-director of the Men's Council Project of Boulder. He is a certified massage therapist, a wilderness journey guide, and magician.

Wayne Dyer is a nationally known self-help author and lecturer. He has written numerous books, including *Everyday Wisdom, Manifest Your Destiny* and *Staying on the Path.*

Bob Egri, MA, CSW, MFT is a psychotherapist & workshop leader with 28 years of experience. He works with adults, couples, children and teenagers.

Mateyo Empie, the Medicine Woman has studied with many nationally and internationally known teachers. She has practiced Inka shamanism, psychic reading, European and American ritual forms, and several energetic healing modalities for over 30 years. "In this world, the plant and stone people continue to be among my most important advisors."

Myron Eshowsky, MS, has been studying shamanism for over 28 years and teaching shamanism for 11 years. He is a teaching faculty member with the Foundation for Shamanic Studies and is also a Certified Shamanic Counselor. He has practiced as a psychotherapist for over 20 years, and has written extensively on the application of shamanic methods to psychotherapy.

Essence Point is a non-profit group dedicated to exploring how the New Age might blend autonomy and interdependence. Classes are offered in: psychic skills for healing and relationships; sacred geometry; healing with sound; non-linear creation; shamanism; and energy drawing. A weekly meditation is held to support inner growth, and a monthly public channeling presents new ideas and healing.

Jan Eveswell, MA worked as a Budget Analyst at the University of Michigan for several years. She offers financial consulting and workshops on various financial management issues, including divorce.

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System, offering training for all levels of Reiki. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for the healing quality of their audio meditations. Kim, a Certified Myomassologist, incorporates massage, Shiatsu, Reiki and Cranio-Sacral Therapy into her work. Steven incorporates Reiki, hypnosis, Guided Imagery and Future Imaging into his work.

Chuck Farhat is a certified hypnotherapist and clairvoyant. He has been trained in Reiki, and he has experience in NLP and Gestalt Therapy.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner who has been a student of the healing arts for more than 25 years. A teacher and full-time practitioner since 1981, she is the Director and Coordinator of The Ann Arbor Center for Holistic Health and Traditiona Wisdom, and was recently elected President of the American Polarity Therapy Association.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Lori Fithian has been "making music since she was a baby banging a wooden spoon on a few tupperwares". Classically trained on the French Horn, she "first witnessed the power of the drum in Marching Band". She's been playing some kind of drum ever since, now concentrating on the West African Djembe and Djun-Djun. Following in the paths of her teachers Ubaka Hill, Baba Olatunji and others, she "hopes to share the healing and magic of drumming in community, especially with womyn and girls".

Antonio Francesco is a sculptor, dancer and ceremonial artist. He continues his studies at the U of M. He has lead seminars promoting full expression of the deep creative spirit.

John Friedlander is a nationally recognized psychic teacher, author and channeler. He co-authored *The Practical Psychic,* and is finishing another book due out in 1999. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade. He is married and lives in the Ann Arbor area.

Norma Gentile holds a master's degree in Voice Perfor mance from the U of M, and trained in Attunement (Emis saries International) and channeling (John Friedlander) She specializes in the music of the 12th century abbess seer and mystic Hildegard von Bingen. Her recordings include *Meditation Chants* and *Unfurling Love's Creatio* She maintains a private voice and healing practice in Ar Arbor.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. I addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbar Brennan. He has also studied Esoteric Healing, nutritio Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Practical Psychic Center of Ann Arbor.

Michael "Chikuzen" Gould studied Shakuhachi for 15 years in Japan under Masters Taniguchi Yoshinobu and Yokoyama Katsuya. He attained rank of Grand Master Kinko-Ryu Shakuhachi.

Jocelyn Granger is co-founder of the Ann Arbor Institute Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extens experience in her private practice and training in massa therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundatio of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexand teacher.

Richard Gull, Ph.D., teaches Philosophy at the Universit of Michigan, Flint. He has 8 years of experience in facilitating men's groups, and has attended workshops with Robert Bly and Shepherd Bliss. He's written and published widely on gender issues.

Shri P. Gupta, MD, ND, Ph.D., uses natural medicine, nutrition and holistic approaches for the mind, body and spirit in his practice.

John Gutoskey is a Registered Polarity Practitioner and bodyworker working in a group practice at Complete Chiropractic and Massage Therapy in Ann Arbor.

James Hackett is co-founder of the Chicago School of Massage Therapy. He has 20 years experience in massage therapy and is certified in Sports Massage, Structural Bodywork, Neuromuscular Massage Therapy, and Acupuncture.

Tom Hart is an experienced practitioner and teacher of Tae Kwon Do. He has been teaching at the Pierpont Commons for 4 years.

Shepherd Hoodwin is a Laguna Beach, California channel, intuitive, workshop leader and teacher. He also does past-life therapy, counseling, and teaching others t channel. He is the author of several articles on the Michael teachings, and seven books, including *The Journey of Your Soul* and *Loving from Your Soul.*

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity Therapist, and is the National Trainir Director of the Belavi Institute for Facial Massage.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tymar*** Inward Bound offers a variety of approaches to the ancie discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include mu & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Workshop Leaders and the Centers

ancy Jeruzal has been an apprentice to Shaman /isdom Teacher Winged Wolf for 5 years. She has been cilitating Soul Circles for 3 years. She also works as a peech/Language Pathologist.

ewel Heart is dedicated to the preservation of Tibetan uddhism and to the practice of its rich tradition within the ntext of contemporary life. Jewel Heart sponsors public lks and teachings by its spiritual director, Gelek inpoche. Meditation instruction, retreat weekends and am Rim teachings are also scheduled throughout the ear.

ennifer Johnson, MA, C.H.T., is a Feng Shui consultant nd instructor, a Reiki Master, a Reflexologist, and a Jen hen Jytso Practitioner. Her Feng Shui practice incorpo- ates her past experiences in business consulting, piritual counseling, and real estate. She is also an rdained minister.

cott Kalechstein is the Magical Minstrel Man. He is a uitar-playing singer/songwriter, inspirational speaker nd author. His specialty is intuitively composing person- ized songs. His songs range from "heart-stirringly ensitive to outrageously funny".

hacha Kali is a graphic designer, muralist, teacher and rtist, who "can't separate life from art". Her purpose is to uide people into creative expression and self-reflection".

uane Karr has been utilizing the natural properties of omatherapy since the early 1990's. She studied under e master aromatherapist, Robert Tisserand.

incent Kasaba is a 4th Degree Black Belt in Isshinryu arate, and has a broad martial arts background span- ng over 15 years. He has experience in Okinawan, apanese and Chinese martial arts.

aren Kerns is a skilled and experienced bodyworker, assage therapist and Polarity Therapist.

urudarshan Khalsa has been studying and teaching undalini Yoga for 25 years. He is the director of Guru am Das Ashram, a yoga center, and co-founder of the etroit Men's Wisdom Council. He is also a holistic mily physician, and self-described 'trickster'.

hepa teaches the path of Tantric Buddhism in the yingma lineage. For the past 8 years, he and his wife, cala, have lead the Crazy Cloud Hermitage at Tsogyalgar - a residential meditation community just outside of Ann rbor.

athy King is a Yoga instructor associated with the ward Bound Yoga Program.

ob Koliner, D.C. practices Network Spinal Analysis at the etwork Chiropractic Center in Ann Arbor. He graduated ith honors from Sherman College of Straight Chiroprac- c. He's been studying Network Spinal Analysis for five ears with its founder and developer, Dr. Donald Epstein.

at Kramer is a midwife and OB/GYN nurse practioner ith 20 years experience. She specializes in homebirth, nfertility and women's health care. Healing modalities at Pat employs include nutritional counseling, herbs, omeopathy, essential oils, cranial-sacral therapy, and isceral manipulation.

aurie Krauth, MA, LLP is a former journalist and a sychotherapist with practices in Livonia and Ann Arbor. he works with individuals, couples and groups.

om Kuzma and Alani Galbraith-Kuzma are husband- nd-wife Lomi practitioners in Ann Arbor. "Working in the loha spirit of unconditional love, we create a space for ach person to remember their sacred wholeness."

ynne Lande, MSW, DCSW is a clinical social worker ho has been involved with Soundings since 1982. She s the originator of the Divorce & Beyond program and has d many divorce recovery support groups. She believes n women working together to develop strength and ourage to move ahead with their lives.

andra L. LaRoe, MDiv, is a graduate of Harvard Divinity chool. She has a background in human services, and he has lead workshops in personal growth, healing and ody/mind/spirit connections.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days,* and the recently published *Stumbling Toward Enlightenment.*

Frank Levey has been a student of Barbara Brodsky, at the Deep Spring Center, for 5 years, and has been practicing meditation for 12 years.

Gregg Levoy is the author of *Callings: Finding and Following an Authentic Life.*

Meghan Lewis, MA, is a doctoral student at the Institute of Transpersonal Psychology, where she has specialized in creative expression, eco-feminist psychology, and Aikido. Her background includes training in the fine arts at U of M, and in art therapy at UCB. She is a certified, Swedish/Esalen massage therapy practitioner, and a Nature-Goddess influenced, visual artist.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Charlene Littau is an Intuitive Healer and Certified Hypnotherapist with an extensive background in counseling and teaching. "By using your intuition combined with Spirit, your life and relationships can open to new levels." She recently moved to Ann Arbor from California.

Laura Massaro, MA facilitates *The Artist's Way, The Vein of Gold* and *Songwriting—A Path to Self-Discovery and Healing.* She also teaches music, drama and movement to children. For 20 years, her emphasis has been on transformation and healing through music and the arts, and being more creative in everyday life.

Barbara Mazie, MSW, CSW has extensive experience as a group therapist and leader, and she also counsels individuals and families. She specializes in anxiety, losses, depression and trauma.

Sue Webster McDonald, ACSW is a family therapist and an experienced *Artist's Way* and *Vein of Gold* facilitator. Her training and participation in the arts, as well as her background in medical social work, incluence her practice and workshops. She has done workshops with Julia Cameron and Mark Bryan.

Anita McKay is a visual psychic with a degree in fine arts, who specializes in personal aura drawings. She teaches psychic skills in group settings or one on one.

Lynn Meadows, MA is a Feng Shui consultant and instructor, Retail Manager, Fashion Buyer, and a teacher of interior design and clothing construction.

Majida and Siddiq Middlebrooks have been students and teachers of the Sufi path and the Dances of Universal Peace for 15 years. Siddiq is on the faculty of the U-M Kresge Hearing Research Institute.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei under Kao Dao Shan from 1978-1979 and also at the Adam Hsu Kung Fu School in San Franciso from 1979-1991. He established the Great Lakes Wushu in 1992.

Stephanie Mills is the author of *In Service of the Wild* and *Whatever Happened to Ecology,* as well as numerous magazine articles. She is a proponent of bioregional thought.

Brenda Morgan, Ph.D. has a 25 year background as a metaphysical healer and teacher, professor, spiritual guide and mentor. She is presently working on authoring two books: *Onward Through the Fog: Guideposts for Navigating Life,* and *Lives Without Judgements, Lives Without Fear.* She recently moved to the Ann Arbor area.

Kirsten Mowrey has been a massage therapist for 3 years, and a stretching enthusiast for much longer. She focuses on promoting flexibility and working with chronic pain through the use of neuromuscular and deep tissue therapy, combined with stretching and body awareness.

Mulberry Farm was established to promote community and hold sacred the spiritual path of those who come for healings and teachings. "All paths of those who come with an open and loving heart are honored."

Alice Greminger teaches the Alexander Technique.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

Caroline Myss is a nationally known medical intuitive, author and workshop leader. Her two recent well-known titles are *Anatomy of the Spirit* and *Why People Don't Heal.*

James Neuenschwander, MD, is the founder and Medical Director of the BioEnergy Medical Center in Ann Arbor, a holistic health practice that includes massage, acupuncture, chiropractic, homeopathy, herbs, colon hydrotherapy and psychotherapy.

Jesse Nichols has a performance degree in Music, is a Certified Feldenkrais Practitioner, and is a 4th Black Belt in Aikido.

Eileen P. O'Hea, CSJ, (Congregation of Sisters of St. Joseph) is a psychotherapist, spiritual director and teacher of Christian meditation. She offers retreats and workshops focusing on the integration of psychological and spiritual experiences of life. She has authored *Woman: Her Intuition for Otherness* and *Silent Wisdom/ Hidden Light.*

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and is on the staff at Duke University.

Sheila Otto is an experienced spiritual director, storyteller and clown.

Asha Paul and Russill Paul — Asha Paul studied comparative religion and spirituality under the guidance of Father Bede Griffiths,OSB, at his Christian Ashram in South India. Russill Paul, a native of South India, lived many years as a monk at the Christian Ashram, guided by Bede Griffiths.

Melanie Peelman-Fuscaldo, LPC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help clients increase their happiness in current or future careers through attention, to body, mind and spirit.

Phyllis Perry, MSW, MFA (in Screenwriting) is the founder of New Options Counseling, a clinical social worker and a writer. She specializes in careers, education, relationships and relocation. She also works with creative self-expression and journal writing.

Teachers, Lecturers, Workshop Leaders and the Centers

Aiji Pipho has practiced and taught Tai Chi Chuan in Ann Arbor for several years, and has been teaching classes at the Pierpont Commons for the past 4 years.

Carol A. Plummer, MSW is a local therapist who has worked with child abuse and sexual assault issues for over twenty years.

Cyndi Power, MBA, a practicing Native American shaman for 25 years, has lived and worked with shamans and spiritual teachers from many countries. She practices Shamanic Healing, Reiki, and Hawaiian Sacred Temple bodywork in the Ann Arbor area. She is also a certified hypnotherapist specializing in past-life regression.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Melanie Pupel, ACSW is an artist, teacher and therapist who has, for the past 20 years, worked extensively with individuals and families recovering from alcoholism and other trauma. She has also studied shamanism in both the Southwest and South America, and was initiated into the lineage of the Q'uero medicine people of the Andes.

James Redfield is the best-selling author of *The Celestine Prophecy*, as well *The Tenth Insight* and *Celestine Vision.*

Layne Redmond, percussionist and author of *When the Drummers Were Women: A Spiritual History of Rhythm,* is an acclaimed performer and scholar.

Jesse Richards is a performing and recording artist, the former Artistic Director of *Sister Earth*, and the current Artistic Director of *Hundredth Monkey—Performing Arts Ensemble.* She has been teaching vocal and dance workshops nationally for 16 years.

Ngak'chang Rinpoche sought teachings from literally scores of Lamas from all the Tibetan schools, in a completely non-sectarian manner. In particular, he received teachings from many of the most revered teachers of the Nyingma school. With the encouragement of his teachers, he began to teach in the West in 1979. Ngak'chang Rinpoche has been recognized as the incarnation of Aro Yeshé, a siddha from the first half of this century. He and his wife, Khandro Déchen, are the holders of the lineage of 'treasure-teachings' given in vision to Aro Lingma by Yeshé Tsogyel, the enlightened consort of the tantric Buddha Padmasambhava. He is the author of numerous books, including *Spectrum of Ecstasy, Journey into Vastness* and the recently published *Wearing the Body of Visions.*

Kyabje Gelek Rinpoche is an incarnate Tibetan lama of Drepung Monastic University. He trained with some of Tibet's greatest masters, including Kyabje Ling Rinpoche and Kyabje Trizang Rinpoche. He is the founder of the Jewel Heart Tibetan Buddhist community, which has centers in the US, Europe and the Far East, and he has graced the Ann Arbor area with his presence now for a number of years.

Sheila Layla Ritter, MA, LLP, CAC, is the founder of ChangeWorks, a consulting and therapy practice in Ann Arbor. She has more than 15 years of experience as a therapist and teacher. She draws from many spiritual traditions and healing techniques in her work. She is also a trained musician and music teacher.

Kathe Rogers, MA is a Certified Feldenkrais Practitioner® with 15 years of experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain. She decided to become a practitioner after discovering not only the Method's effectiveness, but also its corollaries to both the educational and creative process.

Phil Rogers taught meditation for 13 years before becoming involved in Shamanism in 1983. Has completed over five years of study with Alberto Villoldo of the Four Winds Society, which culminated in a journey to Mt. Ausangate in Peru where he and the rest of his fellow students received various rites of initiation from the medicine people of Q'ero, who live in stone huts on the mountain's slopes at 17,000 feet. He was a painter for many years; at this time he practices the arts of poetry, musical composition, tribal drumming, singing and dance.

ShuNahSii Rose has been studying the stories, songs, dances, healing practices and ceremonies of earth-based peoples since 1979. "As a myth-maker, educator and community organizer, my work emphasizes the empowerment of womyn and girls." Her recent work with the *"Diana Project" — Girls Coming of Age* opens the door for the voices of young women to reach their communities through simple political theatre.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Patricia Rourke, ihm, (Immaculate Heart of Mary) is a clinical psychologist in Monroe, Michigan. She has authored 3 books of poetry. In addition, her poetry has been published in several journals and magazines.

Renee Rutz is a Registered Polarity Practitioner and bodyworker working in a group practice at Complete Chiropractic and Massage Therapy in Ann Arbor.

Laura Sanders is a specialist in child sexual abuse treatment. She is the director of Creative Counseling, and the Associate Clinical Director of Civitas at the U of M.

Sandia, also known as Sandra Shears, is a spiritual channel, healer and counselor, and has been in practice since 1989. She writes: "As a Light Worker, I am a conscious channel guided by the Higher Communities of Light, offering an accelerated process for becoming Soul."

Jay Sandweiss, DO, has been teaching health-related courses for 20 years to a wide variety of audiences. Trained in Osteopathic medicine, Applied Kinesiology, Applied Nutrition, and Chinese medicine, Sandweiss currently maintains a wellness-oriented Osteopathic medical practice in Ann Arbor.

Jan Schlichting is completing a doctorate of ministry in preaching at Aquinas Institute of Theology.

Connie Schoen is director of adult education, St. Mary's of the Hills.

O. Andrew Schreiber, a percussionist for 25 years, has been absorbing "World Rhythms" since childhood. He is most interested in the connection between drumming and the spirit, as well as the community building aspects of drumming.

Sara Schreiber, PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Jewel Shelden is a professional psychic counselor, certified hypnotherapist, Reiki Master, ordained minister, author, teacher and lecturer. She specializes in past life regression and dermatoglyphic research. She is a conscious channel, and "enjoys helping others awaken to their spirit guides". She has also written two instructional booklets for palmistry students.

Shirada is a channel and healer who does "advanced transmission work for the Archangels, angels, Elohim, Masters, and Ascended Masters." She is also a "conscious channel for Archangel Michael, Archangel Raphael" and others. Her work encompasses Cellular Cleansing, Repatterning and Soul Expansion, as well as other methods of physical, mental and emotional healing work.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Layne Redmond
master percussionist and author of
When the Drummers Were Women
will be in Ann Arbor
September 18-20, 1998
slide lecture and concert
A Spiritual History of Rhythm
Fri. the 18th 7pm $10 at the door
Courthouse Square Apts, in the Ballroom
corner of 4th Avenue and Huron
intensive frame drum workshop
all day & eve Saturday, and Sunday morning
Sliding scale fee $125-$175 for both days
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Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Simran has been an astrologer for 25 years. She specializes in in-depth, holistic individual and couple readings, which explain complex dynamics and access internal and external resources for healing and integration. Working with all members of the adoption triad is an area of special expertise.

Lynn Sipher, ACSW has provided individual, couple, family and group therapy for 15 years. Her relational model of therapy is based on the importance of being connected and authentic within oneself and with others. She is in private practice in Ann Arbor.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience. He is also a registered social worker with 15 years experience in crisis intervention.

Malidoma and Sobonfu Somé are two initiated members of the Dagara Tribe of West Africa, sent to the West by their elders "to reawaken and teach the modern world about the ancient ways".

Paula and John Steele are Traditional Reiki Masters, Karuna™Reiki Masters, Sacred Path Reiki Masters and have been teaching and practicing since 1992. Both are involved in "the healing of others and of the planet." "Integrity, humor and compassion" are at the core of their teaching.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She has been in the Ann Arbor area for 8 years.

Judy Stone, MSW and nutrition educator, "has spent the last 20 years trying to create a life in which she is happy to greet each morning or at least most of them. Being reasonably successful at it she is happy to share what she's learned about understanding and using the body as a compass for living." Formerly operating as Feeding Your Whole Self, Judy has renamed her business Healing Thru Nutrition, to reflect her emphasis on the power of food to create physical and emotional wellness.

Robert Stone is the author of *The Journal — A Message from the Council of Ancients*, on the Twelve Truths.

David Strong has studied and walked labyrinths and sacred pathways in Great Britain, France, San Francisco and here in Michigan. He teaches meditation, healing, and the spirituality of ancient Egypt, and he seeks ways to open up new and ancient pathways to the Divine.

Patricia P. Sullivan, MSW, DCSW, is a licensed marriage and family therapist in private practice in Ann Arbor. She is experienced in addressing family of origin issues, workplace dynamics, chemical dependence and mood disorders. She is also a consultant to family businesses.s

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Vice President for the American Massage Therapy Association.

Villabeth Taylor is a Certified Massage Practitioner and a Certified Trager Practitioner. She has practiced therapeutic massage and The Trager® Approach in the Ann Arbor area since 1979. She is also a Reiki II Practitioner.

Wayne Teasdale was initiated as a Christian sannyasi in South India by Bede Griffiths. He is an adjunct professor at Catholic Theological Union, DePaul University and Columbia College in Chicago.

Mary Tillinghast has been manager of Castle Remedies for 14 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has also worked with Dr. Ed Linkner as a medical assistant, and under his guidance has had hands-on training in the use of homeopathic medications.

Jody Tull Tyler has been teaching and practicing yoga for 15 years. She holds a Master's Degree in Education, specializing in music and human development.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Robin VanDoren, Ded, is from Sacramento, California. She has taught at the Ojai (California) Foundation, and directed a School for Shape Shifters.

Glen Velez is an internationally recognized percussionist, composer, scholar and teacher. He has been a member of the Paul Winter Consort since 1983. His music has been featured on All Things Considered, as well as in many publications. His most recent recording is titled: *Rhythms of the Chakras.*

Visitation, located in Monroe, Michigan, is sponsored by the Sisters, Servants of the Immaculate Heart of Mary. It offers an "environment for pondering, embracing and responding to the challenging and healing presence of God." It offers a spacious natural setting that encompasses a barn-chapel and library, retreat house and hermitages. People of all beliefs are welcome.

Annre Vroom has been knitting for 20 years. She has taught kids and adults at the Michigan League and the Fiber Gallery and has also given private lessons.

Nancy Warren, MA, LLP, CMT, is a psychotherapist, bodywork practitioner, and eternal seeker. She has studied the personality Enneagram under the guidance of Dr. Claudio Naranjo, and uses it extensively in her life and work.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 17 years of experience in the healing arts including 10 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past four years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Bronwen Wildflower writes: "I follow the path of the Goddess, creating and re-creating my path as I go, following the directives of the Wise Woman within. I work in harmony with the Realm of Nature from which our physical world is created and would teach you this; I call circles of women together to remember who we are."

Paula Steele (and her husband, John Steele) lead Reiki classes.

Julie M. Wolcott, MA, CSW, LPC, is a counselor with over 30 years of experience. She is now bringing the relatively new healing modality of Phoenix Rising Yoga Therapy into her practice in Ann Arbor.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. Her approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is currently a leader in the Great Lakes Pathwork community. She is also a musician and a mother.

Mahla Wood, LPC, is a psychotherapist in private practice, whose philosophy is based on empowerment, awareness, and the power of choice.

Wasentha Young, Master, is the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970, and was certified as an instructor by Grandmaster William C.C. Chen in 1974. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Application, Chi Kung, and Meditation. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Susie Zick, ND, is a Naturopathic Physician practicing in Ann Arbor, and is one of only 3 board-certified naturopathic physicians in the state of Michigan. Her practice specializes in treating the whole family using diet, herbs, nutritional supplements, homeopathy and other natural therapeutics.

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Art by Bridgit Sullern

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Elevating Energy Therapy as a Profession

By Linda Diane Feldt

(The following are selected excerpts from a keynote address given by Ann Arbor-based Polarity Therapist and Holistic Health Practitioner Linda Diane Feldt. Linda Diane was recently elected President of the American Polarity Therapy Association, and the speech was given at a conference in Keystone, Colorado, in June of this year. Because The Crazy Wisdom Calendar counts so many bodyworkers and healers of all stripes among its readers, we thought it would be worthwhile to publish part of her talk.)

I want to talk a little bit about the presidency [of the American Polarity Therapy Association.] and what it means to me, as a very newly bestowed honor. And it's quite an honor because, like many of you, I started out as a Polarity Therapist who thought, "I don't know if I've learned enough to touch anyone yet." And it was a long time ago, but it's still quite surprising to end up in this position. I recognize that APTA pulls in the people it needs at different times, and the skills that I have are beneficial to the organization right now. I'm grateful that I'm able to make that contribution. To me, the presidency has to do with facilitation. Basically that the board has a vision and a plan, and that it's my job to facilitate that happening.

> "There are people who I've met, who I otherwise know and like and basically respect, who believe that requiring a massage education to practice Polarity Therapy is an appropriate action to take. And obviously this is not something that we can accept."

There are certainly people within this community, without any doubt or question, who can speak more eloquently about Polarity Therapy than I can, and there are people who have skills which are just tremendously surpassing the skills that I have, and part of my job is to identify them, and to bring people into positions where they can really become powerful. So if any of you would like to self-identify any of those skills, I'd love to hear about it. A lot of it is to support the vision of the organization and also to support the membership, which is every one of you, so I hope that you feel supported by the entire board and also by each other.

In talking about the profession, I'd like to give you a little bit more details about my Polarity Therapy story. I started doing massage therapy in 1973. I was fourteen, and my brother had a headache, and I read a book that said how to cure it, and I did it, and it worked, and I said, "Well, that's really cool." So I started doing it - read a lot of books, took some classes. At one time I was also doing counseling for a runaway center. When I was doing the massage therapy, I thought, "there's something missing here." When I was doing the counseling with runaways and families, I thought "There's really something missing here." And in 1979, a friend of mine took a [polarity therapy] workshop from Pierre Pannetier and he came back and said, "This is incredible! This is amazing!" And I said, "Great! Teach me." And he did. And I knew, "This is it. This is what's been missing."

Not that the massage and the counseling were combined, but rather that the synergy of touching and talking and being holistic with someone created something beyond what I ever knew was possible. And, at that point I'm not exaggerating to tell you the world kind of made sense. Have any of you ever felt that about Polarity Therapy? I was one of the people who studied through weekend workshops and tracking down people I thought would be good teachers. There was not formal training at that time.

Looking at the early results of our recent member survey, for most of the people who answered the survey, clearly, Polarity Therapy was their second career. Very few people were choosing it as a first career. Also, most people were highly educated. A lot of advanced degrees. The other thing I found is almost everyone was using mixed approaches. There were a fairly small number of people who were just exclusively using polarity therapy. I want to contrast that with a survey that was done of a whole bunch of different types of people that do bodywork, massage, polarity therapy, somatic therapy, and so on. It was done by the National Certification Board for Therapeutic Masage and Bodywork. I think that one of the differences is, in that case, 92% of the people had formal training of some sort in a school, in order to do the therapies that they were doing. It didn't look like we had quite that number in a formal school. 51% of them were part time, which means less than ten sessions a week. And my initial sense is that we're a little bit greater than that.

The practitioners didn't show up as making a lot of money. 66% of the people surveyed made from $0-$20,000 a year. And 23% made $20,000-$40,000, and 7% were in the $40,000 and up bracket.

Now, the assumption in the title of this talk is that we actually want to elevate Polarity Therapy and energy therapy so that it will be regarded as a profession, and I want to acknowledge first of all that there are some uncomfortable associations with that concept. There are things that are inherently associated with a profession, including competition, regulation, and also defining the profession in a more restrictive way. Certainly what I've found in being in this community for so long, is that we don't like to be defined in a restrictive way.

Professionalism also attracts money interests - people who recognize that there's money to be made. Most people who I come into contact with come to Polarity Therapy because they love it, because they're passionate about it. And so this is a potential conflict, as well. I believe that polarity therapy attracts people who are comfortable not being in the mainstream, which is certainly what we are. (Audience laughs.) And I think that some of the attitudes about professionalism and career are because of socialization, our upbringing, and because of the unconscious attitudes about our society - these can create competitive feelings.

I want to share a story about competitiveness that was a real gift for me. About eight or nine years ago, there was a person in Ann Arbor who I identified as somebody who I just felt very competitive with. I had this irrational thought that if he wasn't around, the clients he had would come to me. And I really didn't like the feeling of it. And so what I did, because I like to practice jumping off cliffs, was I called him up and I said, "I'm Linda Diane Feldt, and you don't know me but I'd like to know what I can do to support your practice." And then I did some things to help him be better known. And we're very close friends now. And it just blew away that energy for me. So if you have an opportunity to support other people, particularly within our community, that's what it's about.

One of the problems that I very much recognize is that if we don't begin to do this, if we don't begin to define our profession, other people will. And other people are. And some of you, I know, live in states where this is happening. And the right to practice is a very hot concern of APTA right now. There are people who I've met, who I otherwise know and like and basically respect, who believe that requiring a massage education to practice Polarity Therapy is an appropriate action to take. (Audience boos.) And obviously this is not something that we can accept.

I think it comes from the fact that society is still evolving as far as its understanding of alternative health care. I would venture that for the majority of people, "alternative health care" means that, instead of taking drugs, you take herbs. And I'm also an herbalist, and so I know that people come to my classes with this expectation. There isn't yet a broad understanding that alternative health care, polarity therapy in particular, is based upon principles such as holism and prevention, and it's also based upon having a job that you love, empowering clients, and that it also nurtures the practitioner. We don't do trainings where people are supposed to work twenty-four hours around the clock as they learn the methods. We pay attention to nurturing our students, and believe that part of the process of becoming a therapist is the evolvement of yourself as well. Very bizarre concepts to most of the mainstream at this point.

To illustrate that, I want you to just think about the concept of prevention, and how easily the criminal justice system has embraced that concept. Despite thousands of studies, despite overwhelming evidence that it's cost-effective, that it saves people's lives, prevention is not a part of our criminal justice system. And there are still people clamoring for punishment.

My father is a city planner, which is where I've come into some of my knowledge of holistic thinking, because planning involves taking a long-term larger perspective. When he taught at the U of M, they said to him, "From now on, we're going to have you specify an area of expertise." And he said, "But that goes against everything I believe in about planning."

And they said, he had to say he was a gerontologist, or a transportation expert, or water quality, whatever. And he said, "OK, if I have to specialize I'm going to be a Generalist." And that's what he did until he retired.

There is a pressure to conform to the concept of what a profession is. Maybe you felt that from parents: "What are you doing? You want to take what kind of training to do what?" The pressure comes from many places. And I think that the main point I'd like to make tonight is that it's not appropriate for us to conform. Just as we have the vision of changing the health care system by some of us working around it, some of us are in there fighting for it, some of us are subtly creating changes person by person (which I think is one of the most powerful ways) and that energy also begins to change people's concept of what a profession is. I don't know if you've had students who say to you, "I want to do

> "There isn't yet a broad understanding that alternative health care, Polarity Therapy in particular, is based upon principles such as holism and prevention, and it's also based upon having a job that you love, empowering clients, and that it also nurtures the practitioner."

what you do." And clients, and people that you run into, who are very jealous that you have this work that's your life work, that's your passion. That energy is the space that you're holding. And we may be a small group still. I don't expect that to stay. We have big plans. But I believe that it's an uncompromisable position that we will not give up concepts of what makes the polarity profession unique and extraordinary and also life-changing.

That was the good news. We are experiencing regulation by those who don't understand us and both fear and are embarrassed by us. I spent the last three years fairly intensely involved with the National Certification Board for Therapeutic Massage and Bodywork, and I did that for a reason. I wanted to hold the space for inclusiveness and diversity. I was surprised at the negative reactions of people who said at one point, "We want to include Rolfing, Trager (TM), Polarity Therapy, all these other professions" and then when we actually began to be included many of the people involved became very distressed.

I think that one of the ways to acknowledge that there's a shift in consciousness is through humor. I think that one of the ways that we can detect the pulse, the underlying quality of what's changing, is through looking at humor. And Jim Fiel [a fellow board member] told me a joke today which is a perfect example of this. How many chiropractors does it take to change a light bulb? And the answer is, it only takes one, but you have to come back ten times (audience laughs).

We laugh at that joke because we have a concept of what the chiropractic profession is. When we can answer the question, "How many polarity therapists does it take to change a light bulb?", we'll know that we've arrived as a profession.

Where the Mind Goes, the Chi Follows

Fundamentals of Chi Kung and T'ai Chi Ch'uan

y Wasentha Young

For most people, there is a belief that the mind exists and resides in the head, in that place called ıe brain. The brain is believed to house cognitive thinking, the interpretation of what we see, hear, ıuch, taste, smell, and it performs all calculations. Is the brain the "mastermind"? In a sense this ıay be true. It is however a very narrow perspective of this thing we call the mind. When you ınsider that the body also participates in communicating to the brain with gut feelings, nervous :actions, and instinctual hair raising fear, one can begin to broaden the understanding of what may ? constructs of the mind. For if it were true that the mind existed only in our brain, then our xperience of life would only exist in our heads.

n teaching my students the meaning of what I am speaking of when I say the mind, I start with a mple exercise:

. With your feet parallel and shoulder width apart, overlap your palms and place them on your ower abdominal area.

. Put your mind where your hands are. In other words, feel where your hands are on your body. f it helps, close your eyes.)

. Now imagine your breath can also touch the area where your hands are placed. (Your lungs do ot go down there, so do not use force - just imagine.)

. After a period of time (about 1 minute), think (for 20 seconds or so) about what you may have ı do later.

. Then put your mind back to where your hands are on your body and breath.

Where did your mind go? Maybe it focused on your stomach as you began to think about eating; r you imagined going to a friend's house; possibly an emotion came up when you remembered that ou needed to have a serious talk with a family member. Thought, imagery, emotions, feelings, the ody - all are a part of the mind. The entire body and everything that goes with it is the mind.

Mental logic, reflection, conception, imagination, hope, ideas, expectation, opinion, are all entered in the brain. Emotions may possibly be centered in the body, but are translated into ıought consciousness by the thought process of the brain. One feels emotions, rather that thinks ıem. In most cases we conceive or realize that we may have a broken heart, or we are filled with y, sadness, jealousy, anger, grief, sorrow, etc..

Thought is the main orchestrator of intent. It enables the individual to focus his or her intention ıd awareness. The main characteristic of thought that supports the intention and awareness is its ility to interpret, focus on, organize, and guide variables into information that becomes thought ıovement. This thought movement is then transformed into a quality of inherent consciousness. /hen one's intent becomes conscious, it is then transformed into an energy wave that can manifest ı a physical or chi (energy) movement. Chi is often referred to as "Life Force" or energy. There are ıany different forms of chi. The Universe has chi, the Earth has it, and we have chi.

Chi Kung is the daily practice of working with one's energy with the intention of balancing and ıtegrating the mind, body, and spirit to prevent illness, stabilize the vital health of the body, and increase one's longevity. This practice may take form in a type of physical exercise using movement, visualization, Earth and Universal energy (imaging it passing through the body), breathing techniques, meditation, Acupuncture, herbology, essentially anything that affects the body's energy system. Chi Kung techniques can be specific to the varying systems of the body. For example, one can practice a Chi Kung exercise that will primarily affect the skeletal, cardiovascular, viscera, respiratory, lymphatic, or nervous system. Permeating all of the Chi Kung techniques is the notion that all of existence are varying forms of synergistic chi.

T'ai Chi Ch'uan Form is often characterized as a "Meditation in Motion" or a dance of the Universe in miniature. The Form is constructed of individual postures that are strung together by transitional movement, performed in a continuous fashion. Performed slow and graceful, the practitioner has ample time to scan and reflect on relaxation while in motion. The most important aspects of concentration while doing the Form are: relaxation, the shifting of ones weight as if wading a stream, postural alignment, letting the waist guide the centripetal and centrifugal motion of the limbs, and continuity of motion. Moving in this way has a direct effect on all of the body's systems simultaneously. Just think of what relaxation alone can do for one's health on the physical and mental level. You can then imagine, with daily practice, how this art may affect the general well-being and lifestyle of the practitioner.

There are hundreds of individual Chi Kung exercises, a number of sets and forms, and different styles of Chi Kung. Most of these are performed in solo. T'ai Chi Ch'uan is a style of Chi Kung because it has a direct effect on one's chi through its relaxation technique. Although T'ai Chi Ch'uan is a derivative of Chi Kung it is uniquely an art form in and of itself. Its dual emphases of relaxation and concentration bring together and balance the mind, body, and spirit; and because T'ai Chi Chuan is also a martial art, it enhances the individual's intuition and protective prowess when under threat. It is far more a tonic for the general well-being of the individual than as specific as Chi Kung. Unlike Chi Kung which primarily is performed solo, T'ai Chi Ch'uan has an interactive component (called Push Hands or San Shou) which explores how two forces should harmonize when they come together.

Concentration, focus, and intent, conscious or unconscious, moves our energy or chi; guides it like a basketball to a hoop or like an individual driving to one's home. Through the practice of Chi Kung or T'ai Chi Ch'uan one can consciously engage one's thinking mind with one's body and spirit mind. One engages the thinking mind by the use of imagery, focus and intent. The body mind joins by becoming aware of body feelings and the letting go of extraneous physical tension. Simultaneously, one connects the spirit through opening both the mind and body to the vital energies of the Earth and the Universe. In the achievement of this, one potentially becomes aware of one's integral being. This enriches one's general well-being threefold, helping to prevent stress-related illnesses through the mindful intergation of body, mind and spirit.

Wasentha Young is the Director of the Peaceful Dragon School of Tai Chi Chuan in Ann Arbor.

Out-of-Town Visitors

Shepherd Hoodwin is coming to Ann Arbor

:y Norma Gentile

(Editor's Note: Author and channeler Shepherd Hoodwin is coming to Ann Arbor in ctober, and we asked local singer and composer Norma Gentile to tell us something about him.)

I first met Shepherd Hoodwin through another friend and channel, John Friedlander. John ad leant me one of Shepherd's books, and after a month I realized that Shepherd and I had crossed aths in the spiritual community of the Emissaries. Also a composer and singer, Shepherd and I have pent countless hours on email and the phone comparing notes on growing up in the midwest, nding a spiritual home, music and channeling.

Shepherd is one of the most prominent channelers of Michael. Michael is a being consist- ıg of 1050 souls living on the causal plane. They have been imparting a system of information that xplains how we set up our lifetimes. Part of the system includes roles we play such as 'scholar', sage', 'priest', 'king', 'server', 'artisan' or 'warrior'. Shepherd will be leading a workshop on the Aichael teachings and channeling Michael this fall in Ann Arbor.

Like many people Shepherd has had a variety of jobs and interests. He ran a singing elegram business, got a real estate license, trained as a stockbroker, and received a degree in Music ducation. A lover of musical theater, he sings, composes, and takes in a dozen shows a week when ı New York.

While a stockbroker in Colorado he attended a workshop on connecting with guides, and hortly thereafter followed a sequence of events which led him repeatedly to the Michael teachings. Vith no effort, he found himself channeling Michael via automatic writing one day at work. With ome practice he began to use vocal transmission, although it was painstakingly slow. "I really vanted them (Michael) to pick the words, because I was afraid of getting it wrong." Shepherd ontinues to have Michael choose the words, feeling that this allows for a more precise and profound ransmission.

"My specialty in channeling is the energy work. As I am bringing in Michael at the eginning I will give people little homework assignments to focus on." Once Michael is fully in, the nergy work moves into the background, unless a block needs to be cleared or a topic of conversation rises that is best dealt with energetically.

"I can go deeply into what is going on in a situation, looking at what belief systems are etting in the way, or finding attitudes towards life that could be adjusted and make people happier." his includes surveying the context of a person's life — how they set it up; past life information hat explains what one is bringing into the world; and how it all fits together. That's where the Aichael system comes into play.

I had a personal example of this a few months ago. Frustrated at what I perceived to be a ack of emotional response from a friend, I asked Shepherd for some insight. Using the Michael eachings, he pointed out that my friend was a 'scholar' and had a majority of neutral 'overleaves' ı his makeup. On the other hand I was a 'sage' who had chosen 'passion' as one of my overleaves. As a result my friend and I simply didn't have the same way of working with emotion. In understanding this, I can appreciate more deeply his abilities to analyze a situation or a film or a book and pass his knowledge on without a strong emotional context. And in turn, I feel fine about having my own passionate responses!

When channeling Michael, Shepherd perceives himself to be "in the back row." He is totally conscious, following the flow of information and aware of his body. This is different from the famous trance channel Edgar Cayce, or the modern trance channel Jani King. Both of these people experience themselves as 'leaving' during a session, while allowing another to speak through them. "I prefer being a conscious channel as I get an education every time I channel. If I were a trance channel I would have to listen to the tape later - which I'd never have time to do!"

People sometimes quickly assume that a channel is fake if their expectations aren't being met. "I feel that it is part of my task to educate people in some of the 'ins' and 'outs' of channeling so that they don't come with faulty expectations." Even within the Michael group, there are numerous individual souls that connect with human channels. And each soul may have its own viewpoint, as translated by these channels. So the same question posed to two channels could have two answers.

People often assume that they aren't psychic because they don't know it all! In practice, they may simply not have found their niche.

Some of what determines a channel's specialty is their 'information base'. If you don't have the vocabulary or rudimentary concept of the subject matter you are channeling it is very hard for an entity to bring something through - especially an entity well beyond the physical plane like Michael.

As a being moves away from the physical world, both language and culture are lost because the personality falls away. And so the channel provides the language, the information base, and even the humor capacity.

"Theoretically, a nonphysical being should be able to communicate in Japanese through an English-speaking channel, but in practice, it would be unbearably painstaking if not altogether impossible. It is very difficult to bring through information when the channel doesn't have the necessary raw material in his mind." It can easily take ten minutes to 'download' a word that is unfamiliar to the channel.

"One of the reasons I wrote *The Journey of Your Soul —A Channel Explores Channeling* and the *Michael Teachings* was to help readers better understand how channeling works. There are a vast variety of different psychic and intuitive skills, and no one has the complete set. I can communicate with the other side, but I haven't learned how to communicate psychically with my cat yet, or to find lost objects."

More information on Shepherd or Michael is available at his website: http://www.summerjoy.com, and Crazy Wisdom stocks Shepherd's books.

Nutrition Bites

By Susan E. Weiss

DEAR NUTRITION BITES: What kinds of vitamins should I take?

The popular "Health and Fitness" Magazines suggest you must take at least 50-100 products per day, or death is imminent. This month I am told I must take: methylsulfonylmethane (gulp) to nourish my body's epithelial and connective tissues, enhance the body's natural barriers to allergens, promote healthy skin, hair and nails. I need DHEA to replenish my hormones, St. John's Wort for anxiety, ginseng for sexual performance. I need a second mortgage!

If you want to make your contribution to the multi-billion-dollar health food industry, grab a bra and jog over to your local health food store—but I warn you, bring a guide. Ally yourself with His Holiness, the Dalai Lama or perhaps, Her Highness, Martha Stewart. I vote for Martha. She knows in the world of vitamins, a Natural Thing is not necessarily a Good Thing. She knows vitamins are accessories, meant to be used sparingly like perfume, makeup, jewelry. She knows too much zinc is cheap, gaudy, too much chromium just shrieks, oh, look at me.

If you are determined to venture forth alone, good luck. You'll find the selection totally overwhelming, the labels far more complicated than even the mind-boggling side panels on cereal boxes. Your goal is find the most comprehensive supplement for the best price, and then to get the hell out of there, hopefully with change left for the bus, not to buy the prettiest box even if the salesman with the waist length blonde hair (in better condition than your own) and rippling muscles (who perhaps yesterday sold car parts at K-Mart) smiles bashfully and says, "wow, the box matches your eyes."

Do you need to take vitamins? Can't you get all your essential nutrients from food?

That depends on where you live. Do you reside in the pale world of fat free pretzels and rice cakes or in vivid vegetable valley? Do you hate broccoli or milk or meat? Are you simply unwilling to consume 3000-5000 calories

> "Tell your boyfriend that what you eat is none of his beeswax and that his inability to bite his lip is his problem not yours."

per day to protect your health? If you answered yes to any of the above, then I recommend taking a multi-vitamin/mineral supplement. If you avoid the extravagantly expensive designer labels, you'll still have a few bucks left for a film.

My grandparents never smoked or drank. They also never exercised, took vitamins, or to my knowledge had their intestines power-washed. Their diets focused on 4 major food groups: the Chopped liver group, the Pickled herring group, the Farmer's cheese group, and of course, Sanka. Each grandparent lived robustly for 90 years. Go figure?

Vitamins are no panacea. Good health is the result of a thousand combinations of genetics and environment, as well as the placement of the moon in your chart. It's the body-mind connection that may well be the greatest predictor of health and longevity. Instead of guzzling vitamins, try sucking every ounce of joy out of every single day.

DEAR NUTRITION BITES: Soy products don't look very appealing but I hear they can help with PMS, and I've got it bad. How can I incorporate them into my diet without gagging?

Gagging is a very serious problem and since I am your friend and not your mother, I will never ask you to eat anything that makes you gag. But have you ever actually eaten soy? Can't you try just a little taste, darling? For me?

Take yourself to a good vegetarian, Chinese or Japanese restaurant. Go with a little friend, maybe. Try some nice Agadashi Tofu, Hot and Sour Soup, Tofu stir fry. But listen, don't get snippy with me, I'm just suggesting.

Your problem, Miss Cranky, is not PMS, not soy, but an oceanic phenomenon. It is a well known scientific fact that more women gag during an El Nino cycle. Comments from 9852 bowlers, women ages 20-80 in the recent El Nino Gagging Study, included, " blech, all this balmy air reminds me of my honeymoon" and " how can anyone feel right with the damn jet stream gone berserk." and, "too much movement just makes me sick." The results of the survey were as follows: 89% gagged from succotash, 73% from Martha Stewart (experienced with both audio and video), 62% from anything painted on black velvet, 26% from Ovaltine. Only 1.5% gagged on soy.

I will admit that soy is an acquired taste, like smoked

> " Is it safe to eat out? Is it safe to breathe? Safe to get out of bed in the morning? Fall in love?"

salmon, snails, panty hose. My own relationship with Tofu, a shy, unassuming member of the soy bean family began reluctantly. A friend fixed us up. She described the bean as: easy going as cotton balls, benign as Vanna White. Yet on our first date, when I glimpsed his pasty white skin, his senseless block head, my immediate response was revulsion. Still, there was some sort of attraction. On our first night together I learned why.

This was a bean with staying power, unbelievably endowed, but never a brag, plainly misleading but infinitely graced. Long after his pale white flesh had been pressed between my lips, long after I'd flossed, sealed my face with fruit acids and collapsed into bed, my swashbuckling soy-boy surged through my cells, challenging cholesterol, liberating arteries, strengthening bones and heart, balancing hormones with his bare hands.

So go on. Instead of locking your jaw in fear, take a big bite-o-soy. Shout Oh Boy Soy, Good Boy Soy. Must Eat Soy. But listen, I'm not one to push. If you really tried it, really hated it, licorice root, cashews, peanuts, oats, corn, wheat, apples and almonds will also help to calm the PMS beast.

Experts say try: a multi-vitamin/mineral supplement, flaxseed oil, aerobic exercise, yoga, meditation, full spectrum lighting, homeopathic medicine, progesterone cream.

I say, Come, darling. Sit down. Eat your nice chicken soup.

DEAR NUTRITION BITES: I'm a 34 year old professional woman with 2 Master's degrees and a good job. I can handle any kind of stress except the grief my live-in boyfriend gives me. He bugs me about my weight. If I dare to take a pat of butter, he clears his throat, loud. He ridicules me in restaurants, he watches every bite I take. The other day, when he got in my face, I snapped. I said, "I'd rather be fat than bald." Did I go to far?

Honey, I don't think you went far enough. Grab Mr. Helpful by the ear, fill your lungs, bark, "back off bucko." Trust me, nagging never helps. I was a nutritionist for twenty years. With my clients, I was kind, supportive, respectful. But with my husband, I became Queen of Consumption, waving my wand, declaring: You will eat this but not that, lecturing him on The Guidelines, The Rules, dividing the world into good food and bad. Guess what? I married a man who didn't care about diet. He loved to cook and he loved to eat. He didn't want my help.

So I nagged him to exercise. He looked at me with a puzzled expression. "I wasn't aware I hired you as my personal trainer." I urged him to take walks. He asked, "Will this be a power walk or will we actually be able to see the scenery ?"

Tell your boyfriend that what you eat is none of his beeswax and that his inability to bite his lip is his problem not yours. Tell him you are a grown-up and you can eat anything you choose whenever you choose and if he has a problem with that he might consider attending a 12-step group like Alanon where in a warm, supportive environment he will learn that if he can't just shut up and love you, he might want to move on.

DEAR NUTRITION BITES: With all the scares lately about mad-cow disease, hepatitis A, the killer chicken virus, salmonella, and E. Coli., is it safe to eat out?

Is it safe to eat out? Is it safe to breathe? Safe to get out of bed in the morning? Fall in love?

Living on this planet sure is a risk. I knew a woman who ate at home every night of her life, naturally she was a strict vegetarian, she never smoked or drank, she did not drive a car, she took over 80 vitamin pills a day. One bright sunny afternoon, (after 2 PM of course) slathered with sunscreen and wearing a wide brimmed hat, she stepped out of her apartment building, and heard a strange noise. She looked up. Hurtling down from a window 12 stories above, a piano rushed toward her head. Unbalanced and completely unnerved, she stumbled into the street, where she was promptly run over by a bus.

What we really want in this modern age is to feel as if we're in control. As a form protection (imagined control), I loyally read the Homes for Sale, the Obituaries and also the Restaurant Inspections by the local Department of Environmental and Infrastructure Services. My weekly scan reveals if my favorite bistro received a score of 62 out of 100 merely because an employee pinched a piece of focaccia while working, or, if God forbid, because their raw chicken was left sitting out on the counter until it reached 85 degrees, but not before dripping all over the fresh vegetables on the shelf below.

I'm convinced we're more likely to get food poisoning in our own home or a friend's home, than in a restaurant. People who entertain at home are not chefs, they are not trained in proper Food Service Safety. I have dined in homes where chicken was defrosted overnight on the counter, where the hostess coughed into her hands, then sliced the bread. I have a friend who, before entertaining, blows into all the wine glasses to make sure they are dust free.

Restaurants are businesses run by professionals. The owners want to make people happy, they want to make money. In the restaurant business, a food poisoning scandal is a guaranteed express to financial ruin.

Try this: Dine in respected establishments. Order food well cooked, force your ex-husband, resented friend or mother to take the first bite. Send back anything that doesn't look, smell or taste Kosher. Have a chat with the owner. Suggest that you, your husband or friend is affiliated with the health department. Open and close your wallet quickly to display a gold badge, something from a play kit that really belongs to your nephew Jimmy. Say a small prayer, light a candle, enjoy.

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Susan E. Weiss is an Ann Arbor-based writer and nutrition educator.

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The Crazy Wisdom Interview: Dr. James Neuenschwander on Acupuncture, Homeopathy and Energy Medicine

Photography by Linda Lawson

Dr. James Neuenschwander is the Medical Director of the BioEnergy Medical Center in Ann Arbor. He is a traditionally trained physician whose interests include homeopathy, herbs, acupuncture, and colon hydrotherapy. He is articulate and sincere, with an easy sense of humor and unpretentious manner. I met up with him at his home on a late summer afternoon in July. When I arrived, his sons were still floating in the backyard pool, and he had just gotten out. He was in a relaxed mood.

Bill Zirinsky: Thank you for agreeing to do this interview. Tell me first about your traditional allopathic background, your medical background.

James Neuenschwander: Sure. I went to college at the University of Michigan. I went to the medical school also at the University of Michigan with the intent of becoming an immunologist originally. In medical school I changed my mind to surgery, and graduated from medical school and went into a general surgery program, also at U of M. Halfway through my general surgery training was when I had my eyes opened to alternative medicine, and left that program to pursue other things. That's how this clinic actually ended up getting started.

BZ: What turned your eyes away from your surgery interests toward alternative medicine?

Neuenschwander: Well, the idea behind becoming a doctor was really to cure disease. I mean, I guess that's idealistically what I had worked to do. And in medical school, internal medicine, and even immunology, it just seemed like you didn't do anything. If somebody didn't have a bacterial disease that you could treat with an antibiotic, you didn't cure anything. The patient was yours for life. If they had high blood pressure, they had to be on medication for the rest of their life, so you weren't doing anything to cure the problem. You were just helping with the symptoms.

That's what made me decide to go into surgery, because at least in surgery you take the disease out of the body, I mean, if you have a diseased part of the appendix, you remove it. But, still, even there, I mean, you take out somebody's colon for colon cancer, and they say, "Well, gee, doc, what can I do to stop this from coming back?" And I didn't have an answer for them, because they didn't train us about that stuff.

So in my third year of general surgery, my wife at the time had some health problems. I had tried everything I knew of medically to help her, and it really didn't do it for her; it helped her symptoms temporarily, but it didn't cure anything. And a friend of hers told her to see an herbalist. Basically what the friend, who was in New York, had said was, "I had your problems, I saw an herbalist, and I got better." So she found a guy in Redford, Michigan, who she went to, and he turned out to do homeopathy, and herbal medicine, got her to do colonics, and changed her diet. So she came home and said, "We're eating different, and this is how it's going to be." And I thought she had been really swindled. I didn't support her at all. And she got better very quickly. I mean, it was two or three weeks, and she had significantly improved. That really woke me up, because here was the first time that I was actually seeing somebody being cured of a problem rather than just masking it with medications. And she hooked me up with him. I learned a lot about what he did. And that really started the ball rolling.

BZ: So you hadn't had an orientation toward alternative means of healing prior to that?

Neuenschwander: No, not really. I had always been interested in, well, I'll call it "the weird" —things that are a little bit not standard. I remember watching documentaries on PBS in the 1970's about acupuncture. That always fascinated me. And I was always interested in faith healing and miracle cures and that sort of stuff, but you sort of forget about that when you go to medical school. In medical school, and especially residency, you're indoctrinated into a certain way of thinking, because you spend so much time there, that that's your waking life, that's what you dream about at night, that's all you think about, and it's hard to remember any of that stuff. But I really hadn't had a lot of orientation towards alternative healing prior to that.

BZ: But you had an intellectual curiosity from an earlier age as to things that were perhaps a little off the beaten track or other kinds of healing.

Neuenschwander: Right. Exactly. That's always been a fascination for me. And this just reminded me of some of that. And here was an opportunity for me — really, for me, I had gone in to surgery, and I used to have arguments with my ex-wife about going into surgery because it was such a hellacious lifestyle. There's lots and lots of hours — 110, 120 hours a week of work. And my argument was always, "What else am I going to do? But there's nothing else that interests me." And here, all of a sudden was something that was fascinating that worked, and there just weren't a whole lot of people around doing it. So what it came down to for me was, well, the world doesn't really need another transplant surgeon — that's what I had wanted to do. But it sure could use another physician who knows medicine and is interested in how the body actually heals itself, rather than just masking things. But that's what woke me up again. And then I said, "Oh, yeah." And then I actually saw an ad about acupuncture, a course that UCLA offered, so I got trained in acupuncture.

BZ: So this was after your medical training, you went off. . . ?

Neuenschwander: Yes, this was after medical training. At that point, halfway through my surgical residency, I left my residency. It just didn't make much sense to me to go through another two and a half years of that stuff, if I wasn't going to use it. So I left that training, and I trained with the herbalist.

BZ: The one in Redford?

Neuenschwander: Right. And he taught me a lot about herbs. He also hooked me up with Doug Benjamin, who was one of my original partners at BioEnergy Medical Center, and I just learned a lot about herbal medicine, some of the different theories on how the body heals itself, how to approach cleansing, detoxification. These weren't the things we'd ever learned about in medical school. And then the whole realm of nutrition, that's what I learned there. I learned a lot of homeopathy through the connections Doug Benjamin had, and he hooked me up with a homeopath in the western part of the state, and I studied with her, and learned homeopathy that way.

BZ: Who was the herbalist?

Neuenschwander: The herbalist was Billy Martin, or William Martin. I think he's still in practice in Redford. He also taught me about colonics, which is probably one of the most valuable things I've learned about.

BZ: So, did he have a shingle out saying "Herbalist" or was he hard to find?

Neuenschwander: He was in the yellow pages under "Herbalist." I think that is how Badria first found him. She looked in the yellow pages under "Herbalist" and found this guy. I forgot how he

Interview with James Neuenschwander, MD (continued)

advertised himself, but he basically did herbal medicine, and colonics, and some nutritional counseling. He is a very psychically tuned-in guy. He's like a medical psychic, so he can actually do readings on people and see what's wrong with them. But he didn't have the medical training, and he had been looking for a doctor. So this was sort of like a match made in heaven for him. And he got me involved in his clinic, and I saw some people there, and just learned more or less what he was doing, and learned a different way of looking at healing and health. Medicine teaches you one philosophy. They don't show you all the other things.

BZ: "Healing" is not too much a part of the vocabulary, really.

Neuenschwander: Well, one of my surgery professors used to say, "Well, we've done all we can. It's up to the body to heal now." I mean, you have to have that. He used to say that you could cut and do a perfect operation, but if the body's healing factors didn't work, the person would die from even the simplest operation. And the same was true of an infection. We need an immune system to fight infection. We can give you the best antibiotics we have, but if you don't have an immune system - if the body can't help - than you won't get past the infection. It was a different way of looking at things. And healing in medicine is not something we really understand - we just trust that the body will do it for us. We don't understand how to support that, except to make sure somebody's got enough calories and enough protein. It was a different way of doing things. That's what got me connected with Doug Benjamin.

BZ: So you've mentioned Doug Benjamin a couple of times. Who was Doug Benjamin?

Neuenschwander: Doug Benjamin was a guy who I originally founded BioEnergy Medical Center with. He left us about three or four years ago now. But he was the one that introduced me to the Voll Machine. And he introduced me to the concepts of homeopathy also.

BZ: What was the Voll machine?

Neuenschwander: The Voll machine is named after its inventor, Dr. Voll. And it's a way to measure energy in different meridians of the body in an indirect way. What it does is it passes a small amount of current into different very specific points on the fingers and toes and then measures the resistance the body has to that electricity. That gives us a reading

> "The world doesn't really need another transplant surgeon — that's what I had wanted to do. But it sure could use another physician who knows medicine and is interested in how the body actually heals itself, rather than just masking things."

that a computer records and we get patterns. And depending on the pattern, you can tell whether that point is healthy or not. And different points of the body correspond to different organs. So, for instance, you could measure along the outside of the index finger, and that full measure, those points reflex to different parts of the colon. So you're not actually measuring the colon, you're measuring the reflex point to the colon. The theory is, if that reflex point doesn't read well, then chances are, that corresponding part of the colon is not healthy.

BZ: That's very interesting. Dr. Voll invented this how many years ago?

J.N.: In the seventies, the early seventies. So it's been a good twenty-five, almost thirty years now.

BZ: Is it something that you rely on a good deal in your practice?

Neuenschwander: It allows us to really confirm our choices. It gives us a much more sensitive picture of what's going on with somebody than what I can get from standard medical tests — and I still use those. But it gives me much more detail. And, more importantly, homeopathy can be such a guessing game sometimes, because there's so many remedies that might support a certain symptom, and it's sometimes hard to choose which one is the right one. And the machine really allows us to confirm our choices. And we use it more in that way than to actually choose the remedy for us. We still need that human being who knows the remedies to make those choices. But the machine says, "Yes, this looks like it'll be a beneficial thing for you," before you ever take it. See, in classical homeopathy, you'd have to take the remedy, come back and tell me how you responded to it. And if you didn't respond, we knew it wasn't the right remedy, and we needed to put you on something new.

BZ: So you were involved with William Martin and you got to know Doug Benjamin, and was Doug Benjamin the person who brought homeopathy to your attention?

Neuenschwander: Yes. William Martin did use *some* homeopathy in his practice, but Doug primarily used homeopathy. The machine was able to demonstrate to me how homeopathics worked. Physicians, and probably me included, have a real problem with homeopathy because it's so esoteric sometimes. And you're dealing with a part of the body that isn't really measurable in any way, and here you are giving people these remedies that are dilutions of one to a "bazillion."

BZ: What did you mean, a part of the body that isn't measurable?

Neuenschwander: Well, homeopathy really treats this etheric body — it's energy medicine. So you're treating different envelopes of energy in the person, and that's hard to measure. We, as physicians, don't have any way to measure that. We don't even recognize it as an entity. Whereas in homeopathy, that's what you're treating. And with something like the Voll Machine, you can indirectly measure that. It makes it much more concrete. You can actually have a computer screen telling you something. And that makes it easier for people like myself to accept some of the principles of homeopathy.

BZ: I think it's been hard to explain generally to the public what homeopathy is.

Neuenschwander: It is very difficult. It's sometimes easiest to explain it by using things that we have in medicine that were actually stolen from homeopathy. For instance, immunizations are originally a homeopathic concept. You treat a disease by giving somebody a small dose of that disease. That's what you do with immunization. The reason why some people have such problems with immunizations is that the homeopath would tailor the dose to the person. If you have a hundred people, you have a hundred different potencies. Whereas, in (allopathic) medicine, everybody gets the same dose. It doesn't matter if you're five years old, or if you're fifty years old, what your health history is, I'm going to give you the same dose of tetanus immunization. Everybody gets the same thing. And for that reason some people tolerate it fine, and some people have a lot of health problems. All of homeopathy is based on that principle.

If you study medical history, you begin to understand a little bit more about homeopathy and some of the struggles we've had between homeopathy and allopathic medicine — that's regular M.D. medicine. Homeopathy is based in the school of thought that says that when a body has symptoms, those symptoms are the body's attempt to get better. And as a physician, your job is to support those symptoms, and support the body in that process. Hippocrates was in that school of supporting the symptoms. The opposite school is what the allopaths believe, and that is that the symptom is the body's cry for help and you as a physician need to go in and interpret that symptom and treat the symptom, basically. And if you go back to the Greeks, it was Galen who was one of the physicians who believed in that. But if you go through history for the last two or three thousand years, the pendulum has swung back and forth between those camps. And right now it's swung very far to the "treat the symptom" and not the "support it" camp.

BZ: So that's been a battle, in terms of medical history, that's been going on for much longer than the last eighty or ninety years?

Neuenschwander: No, this has been going on for centuries. If you go back to when homeopathy was invented, if you go back to Hahnemann's time, this was the late 1700's and early 1800's, the belief then was to treat disease with poisons, that you would poison the disease. They would use salts of arsenic, mercury, cyanide. And one of the reasons why Hahnemann came up with homeopathy was because he was sickened by how toxic all these medications were. Tell me if this sounds familiar. He was treating patients, and he felt like the medicines were making his patients sicker. Now you listen to what people say about chemotherapy, or blood pressure medication, or some of these more toxic medications: "I can't take my medication because it makes me sick." We're doing the same thing.

Homeopathy came up in the early 1800's, it really blossomed towards the end of the 1800s, but what happened was antibiotics showed up. Antibiotics are this whole germ-theory of disease. They showed up around the turn of the century, and a hundred years

ago, the number one cause of death, by a long shot, was bacterial infections. People forget this, because we don't die of infections very much anymore unless there's something wrong with us - we're old or stressed or something. But young healthy people died of infections all the time a hundred years ago. And when you compare them side by side, people survive infections better using antibiotics than homeopathics. And that was really the death of homeopathy.

BZ: When you compared homeopathy versus allopathy in dealing with infections?

Neuenschwander: Correct. If you came in with a pneumonia, and I put you on antibiotics, you would get better quicker than if I treated you homeopathically. Part of the problem with that is that in the "supporting the symptom" philosophy, which is homeopathy, one of the outcomes may be death, and that's just not acceptable to most people. So sometimes the body can be overwhelmed. You have to be able to recognize that, and treat it, come in from the other camp and treat it with antibiotics. So, still, even though I use homeopathy, if you came into my office with pneumonia, I would put you on an antibiotic, even though that is homeopathic sacrilege, because you're not supporting the symptom. You're trying to suppress it by using antibiotics. Homeopaths would say that a bacterial infection is merely a symptom of an imbalance in the body.

But that's what happened in the twentieth century: antibiotics came around. People survived much better with antibiotics. The AMA was very threatened by the homeopaths, because 20-25% of physicians were homeopathic physicians — they invited them back, you know, let bygones be bygones, come back to the AMA, and they did, and in the process, destroyed all of their societies, dried up all the funding for homeopathic schools, and that was the end of that. So the pendulum has definitely swung way back over to this whole allopathic way of thinking. But it's starting to swing back. Listen to what people say about drugs, antibiotics, chemotherapy — it's swinging back the other way. They feel these are too toxic. We really aren't allowing people to heal.

BZ: Is medical history at all a part of the curriculum when you're going to medical school?

Neuenschwander: Not at all.

BZ: There's no understanding of the way the philosophy of medicine has changed over the centuries?

Neuenschwander: That was not any part of the curriculum in my undergraduate and graduate studies. It used to be. Long ago, you had to learn history and Latin as part of your medical school admissions test, but now you don't. It's unfortunate, because these conflicts have been going on for thousands of years. We're not going to resolve them today. I think really, for me personally, the answer is somewhere in between. Support the symptoms unless you feel like life or limb is at risk, in which case, intervene in the crisis, and then support the rest.

BZ: Tell me about the use of acupuncture in your practice.

Neuenschwander: Acupuncture has many uses. We use it primarily to treat pain and functional motor syndromes, but it is far more than that. Acupuncture is truly an entire system of medicine. It is based on the principal that if you balance the body's energy, it can heal most anything. We are able to use acupuncture for other health issues including functional bowel disorders (the irritable bowel), allergies, chronic cystitis, fatigue, immune system disorders, endocrine (hormonal) disorders, even to treat infertility.

BZ: You talked about colon cleansing. Tell me about that.

Neuenschwander: The bowels — everybody's favorite subject. Colonics is a way for a person to clear out his/her entire colon. Now, for most people, the colon ends up storing stool. The colon's purpose is to take the stuff from the small intestine, which is fairly liquid, absorb a lot of the fluid out of it, so you're not losing a lot of fluid — water is very precious for your body —and then store it until you're ready to eliminate. There's also bacteria in the colon which can help break down material that may have been indigestible for you, and you do get some nutrients that way. But primarily the function is it to move the stool and to reabsorb excess water, so that you don't get dehydrated, and then to store the stool.

Now, for most of us, your average person has a bowel movement once a day, if they're lucky. We eat three times a day. Normally, food would spend a couple hours in the stomach, a couple hours in the small intestine, and then, depending on your colon, three to four hours in your colon. So, by the time you're eating dinner, what you ate for breakfast is ready to be eliminated. When you eat breakfast the next day, what you ate for dinner is ready to be eliminated. So, by that theory, you should have two to three bowel movements a day. And if you're not, you're storing the stool. And most people, that's what happens — they store it. And it starts backing up in the bowel. And there really isn't any time that the bowel is completely empty.

A colonic involves a colon hygienist; you have to have somebody do the colonic to you, because you have to have somebody who knows what they're doing. And what you're doing with a colonic is gently running water in and out of the colon. You use a scope that's been modified to run filtered water in and a waste hose that's connected to the sewer. You just run a little water in, let it drain out, run water in, let drain out, run it in, let it drain out. And by doing that, you gradually work the water up, from the left side across all the way over to the right side of the colon. And the bowel, when you fill it with water, will clamp down and empty itself out completely. So when you're done with the colonic, your bowel is completely empty of any fecal material. And, for most of us, we never are in that state. By doing that, we can remove a lot of old crud, meaning old mucus — you know, mucus in the bowel is a normal thing, but when it's been there for a long time, it gets real thick and rubbery, and it doesn't allow nutrients to be absorbed properly and it can be a focus for abnormal bacteria. So by doing a colonic, you remove some of that stuff, and you just get the bowel working better. You also give the muscle of the bowel a chance to work out a little bit. So it actually becomes stronger, and you improve function of the bowel because of that as well. And then also, along with the colonics, we have people take acidophilous so you're replacing whatever this old bacteria is with healthy new bacteria that will make your bowel function better. So it's a way to clean out the bowel, but it's also a way to detoxify the bowel. By doing that you'll detoxify the colon, deal with body waste more efficiently, and it just can do wonderful things for people's health.

BZ: Now, colonics have been somewhat controversial in some people's minds, including many holistic practitioners.

Neuenschwander: Yeah. There are some objections to colonics. There's the "it's not natural" objection that you're running water in and out of the bowel, and this is not a natural thing. Yes, but I don't think we live in a natural world, and I don't think we eat a natural diet. If you're going to use that argument, then you need to go back to raising your own food, eating very coarse, high-fiber foods. Without that, if you eat anything that's processed, or anything commercial at all, you're not getting enough fiber in your diet, and so you end up having to do unnatural things like colonics.

The second objection is that people can become dependent on colonics. My clinic has been open for eleven years, and there have been a few people that have become dependent on colonics, but those are people that were not having bowel movements to start out with. They were having bowel movements once a week or something like that. And personally, if that were my bowel habit, I would rather get a colonic twice a week, and be dependent on the colonic and know that my bowel's being emptied out, than be packing things up and have just one bowel movement a week. So I really haven't seen that happen to people who have anywhere near normal bowel movements.

The third objection, and this is one that's legitimate, is that you're removing bacteria from the bowel. That, along with all the waste stuff, you are flushing out bacteria in the bowel. And you need bacteria in your bowel for your bowel to be healthy. Now, I agree with that one. But, people that I'm recommending colonics to have toxic colons to start out with, and they have a lot of body toxicity. And chances are the bacteria in their colon is unbalanced. It's not what belongs there. It's what populated there for many reasons — maybe they had antibiotics, or they had steroids, or they're under a lot of stress, and they have poor bowel function, or something caused them to be unbalanced. And because of that, what we're removing is unbalanced flora. We're removing unbalanced bacteria. We're always replacing it with acidophilous— healthy, normal bowel flora. We always have people do that while they're doing colonics. So even though that's a legitimate objection, my response to that would be: we're taking out the bad stuff and replacing it with good stuff, so where's the loss there?

The other thing that I know the medical establishment has said is that they're unsafe. And their concerns are that we're introducing abnormal flora into the bowel or that we're going to perforate the bowel, or something like that. You read about these things in medical journals, but there's never any reference to any cases. I had heard about colonics in medical school because they had an outbreak of giardia somewhere around Denver. I believe this was in the 1970's. They traced it back to a colon therapy place. Well, they were using city water. And the city water got contaminated with giardia, and they were using that water to do colonics, and so people were getting giardia because they were implanting it in their colonics. That's really the only real legitimate objection I've ever seen from the medical establishment that's been documented. The whole idea of them being damaging is ludicrous. If you compare a colonic to a colonoscopy or a barium enema or some of these other things that we do on a routine basis as physicians, it's nowhere near as traumatizing to the bowel as those things are.

A colonic is very gentle washing of the bowel. We never put high pressure into the colon. And, in fact, the type of colonic we do at our office, the water pressure is dependent on how high the tank is off the stretcher, and it's eighteen inches. So we use eighteen inches of water pressure, that's it. When we do barium enemas, we're hanging it from the ceiling — it's ten, twelve feet above the patient to get that much hydrostatic pressure, to get the barium in. And when

> "My mother, when I was born, was vehemently opposed to taking any medication — I must have got all this naturopathic stuff from her — because she wanted to go through a natural childbirth. She was in a setting where that was just simply unheard of... Her whole approach was, 'This is my body. It's my birth. I'm the one going through this stuff. I should be able to have some input.' But she had to fight so hard to do what, today, is standard Lamaze-type delivery."

you're doing colonoscopy, you're using air. You're using a lot of pressure to do those things. So that objection is ridiculous. If you're using that objection, you shouldn't ever do a colonoscopy or barium enemas.

And again, in the ten or eleven years that we've done colonics, I've never seen anyone get dependent except for the people that I referred to, and I've *never* had anyone have a perforation, or any kind of bowel damage, and that's in eleven years of practice with a lot of colonics — eight or ten colonics a day. So I just haven't seen that happen. And I haven't seen anything documented. A patient brought me a letter from Mayo Clinic, and somebody had written in about colonics, and this person had written how damaging they were, and how they cause bowel damage. I wrote the guy a letter, and said, "Please, I'm concerned. I'm doing these in my practice. If I'm doing something that's injuring people, I'd really like to know about it. Do you have any references, or can you refer me to somebody who's had this experience?" And, of course, I got no reply. So it's all hearsay. People refer to each other rather than to any concrete evidence.

BZ: Very interesting. That "hearsay" has been out there in the culture for quite a while.

Neuenschwander: Enemas go back to prehistoric times. Colonics go back at least to the turn of the century. They used to do them in hospitals. They actually used to do a lot of enemas. You had a kid with a fever, you gave him an enema. The whole concept of detoxification is another thing from the homeopaths. The whole idea of detoxification and assisting the body in the process of healing involved making sure that the bowel worked well.

BZ: Enemas were something that our parents' generation knew more about.

Neuenschwander: Absolutely. Again, people used to do colonics — nurses used to do colonics in hospitals. And that died out in the sixties as nursing changed. The character of nursing really changed from somebody who was the physician's underling just there to carry out the bidding of the doctor to somebody who was more actively involved in patient care. And it's not that I have any problem with that process, but I think we've lost some of those skills, and that was one of them that dropped by the wayside.

To me there's a few legitimate reasons not to have colonics. If you do take steroids, if you do have something that compromises the integrity of the bowel, you don't want to be running anything under pressure in a bowel like that. If somebody's had recent surgery, or they've been on steroids for a long period of time, if they have a lot of diverticulae, we would not recommend colonics until these issues could be dealt with.

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BZ: You have expressed the view that medicine is a service profession. I've often heard you say you're there to serve the patients.

Neuenschwander: In our parents' generation, the idea was, you went to the doctor, you told him what was wrong, and he made recommendations, he gave you something. It was like you handed the doctor your disease, he handed you the cure, you went home. You didn't question anything. But that's that whole philosophy of treating the symptoms, going back to the Galen philosophy. Whereas, I view it more as this: ultimately, the responsibility for your health lies with you.

We are the creator in our own universe; really we are divine, and we have that spark of God in us. Your experience in the world is different than my experience or anybody else's experience in the world. Because of that, we create our own universe. And in that sense, we are responsible for what happens in our own universe, including any illnesses. Really, the point of going to a physician is to say, "OK, I don't know why I'm Ill. I don't know why I have these symptoms. What do you think?" And as a physician, my job is to say, "OK, well, based on my experience, my education, and people that I've seen with similar problems, this is my impression of you. This is what I think is going on. And then these are the things that I think might help: A, B, C, D, E."

Ultimately, it is your responsibility to decide whether or not to take that advice. And in fact, many people will go and see somebody else, and get their opinion — especially before they get into doing something permanent. But, ultimately, the decision to do something, the responsibility of your health, lies with you. And in my parents generation, it was always with the doctor. And the patient had very little input or participation with the doctor.

My mother, when I was born, was vehemently opposed to taking any medication — I must have got all this naturopathic stuff from her — because she wanted to go through a natural childbirth. She was in a setting where that was just simply unheard of. They heavily sedated women in her time to help with pain. And so they would be severely drugged, and they would never experience birth. Half the time they wouldn't remember it. And she fought very hard to not have any drugs, and this was a major victory for her. Her whole approach was, "This is my body. It's my birth. I'm the one going through this stuff. I should be able to have some input." But she had to fight so hard to do what, today, is standard Lamaze-type delivery. It's very accepted: "Would you like medication? Do you not want it? Do you want a spinal block? Do you want to go through natural childbirth?" These are all easy options for people, but she really had to fight for it. That was 1960. That wasn't that long ago.

BZ: And some mothers of her generation don't even understand why the young women today want to have the kind of births they are choosing, because in their day they had been sedated, and they woke up, and the babies were born. It was a very different model.

Neuenschwander: And it turns out that babies do a lot better if they're not sedated when they're born, and there's far fewer forceps deliveries, mothers are awake during births... It's just a different philosophy. And again, this is part of that pendulum swinging back, that we've gone so far into that allopathic model that we're running into walls and people are getting upset with it and starting to swing back the other way, to a more naturopathic way of treating it.

BZ: I'd be interested to hear of the most rewarding case you've been involved with.

Neuenschwander: I guess I'd have to say, it's actually a patient who died. But it was a patient that really taught me about the powers of healing and that sometimes healing involves dying.

This was a woman who was brought to my office. She had metastatic lung cancer. It had already metastasized to her brain and to her back, so she was in excruciating pain. They had her on three different pain medications. She was so sedated and snowed that she had to be wheeled around in a wheelchair, and she'd just be slumped over. And they wheeled this woman into my office, and they wanted acupuncture. And I remember seeing her there, with her son and her daughter, and me looking at her thinking, "There's *nothing* I can do for this woman. She has cancer. She's going to die *soon*. And she's on medication to help out with the pain." I said, "I don't think I can help her, but I will do acupuncture. You're here. I will do acupuncture. And what I'm going to do is listen to her body. I'm going to feel her pulses, and I'm just going to balance her energy." She had so many things wrong with her that I couldn't put needles everywhere she had pain. I'd run out of needles. Plus I couldn't get her even up on a stretcher. I probably would have broken her back doing that.

So I said, "I'll just listen to her pulses and balance her body. And then you come back in a couple of days and you tell me how things went." So I listened. I put in needles. Nothing seemed to happen. I did a regular treatment. I pulled the needles out. The pulses felt better. I said, "Why don't you come back in a couple of days." She came back in few days and was doing much better. She was awake. She told me she still was hurting and she knew she was going to die. And, in fact, she died a couple of days later.

From the time I saw her until the time she died, she was only alive five or six days. But I had treated her that day and said, "Come back next week." Well, she never came back. And I thought she was probably back on her medication or something horrible had happened to her. But what was so rewarding about this case was that she thanked me for letting her be awake for the moment of her death. She knew she was going to die, and she didn't want

> It taught me to first of all just *do what I was trained to do*. Don't be sitting there and saying, "This is never going to work." Just give the body a chance. Help the body balance itself and see what happens. Because amazing things can happen. And again, I didn't save this woman's life. I didn't change the course of her disease. She was at death's door and she went through it. But at least it gave her that opportunity to face death with her eyes open. Conscious. Which is what she wanted."

die unconscious. She wanted to die with her family ere. She wanted to know who was there and what as going on in her head. She didn't want to die in a g of narcosis from her drugs.

And later her son called me up and told me that e was awake when she died. It meant so much to this oman to die with dignity and honor, and conscious of hat was going on. That little thing, and all I did was o acupuncture treatments on her, but that little amount as enough to make it tolerable that she could die ithout being sedated on all these drugs.

It was really one the nicest experiences for me. nd it taught me to first of all *just do what I was ained to do.* Don't be sitting there and saying, "This

never going to work." Just give the body a chance. elp the body balance itself and see what happens. ecause amazing things can happen. And again, I idn't save this woman's life. I didn't change the course f her disease. She was at death's door and she went rough it. But at least it gave her that opportunity to ace death with her eyes open. Conscious. Which is hat she wanted.

That was very touching for me. And it was ery important lesson for me too. Because I was ooking at her, thinking, "I've got to cure her cancer," hich I knew I wasn't going to do. But really that's not hat she wanted.

There's lots of other cases of people who came in ith bad diseases, on steroids, in horrible health, and ey're part of the BioEnergy Fan Club now because ey're well, and they're not on medication, and, you now, they think we walk on water...

Z: OK. Just take one more that's a meaningful case o you. A specific case.

euenschwander: A good example. There was a guy ho had Crohn's Disease. Crohn's Disease is a horrible isease for a lot of people. It's an inflammatory disease n the bowel; it can affect anywhere from the mouth all he way through to the anus. Most people with Crohn's nd up having multiple operations. They frequently levelop bowel obstructions. They're on steroids. They nd up with ostomies. It's not a pleasant disease. This articular guy had Crohn's disease, and he had already ad a resection — he had already had one operation. le was in his thirties. And he came in because he was ired of being on steroids. He was on steroids and he was already developing the obesity and all of the side effects of the steroids. He had been on Azulfidine which was a drug that we use for Crohn's. And he was just miserable. He was having ten, twelve bowel movements a day. He was having continuous abdominal pain. He couldn't go anywhere. He couldn't eat anything. And you don't really think about this, but it was hard for him to even get in a car and drive somewhere, or to go grocery shopping. Because he knew if he was there for more than an hour, he was going to have diarrhea. His life was all about, "Where's the next bathroom?" That's what it had come down to. He was just miserable. And he came in and he saw me. We started working with him with some herbs and homeopathics. We started doing colonics on him, and we changed the way he ate. And this guy was somebody who was so sick that he was willing to do whatever I told him to do. He just didn't question.

BZ: He had a listening for what you were suggesting.

Neuenschwander: Absolutely. And again, this is another one of these cases where I thought, "Wow, you've got a really bad disease, I don't know if I can help you." But within a month, he was off his steroids. Off them. He had been on them for ten, twelve years. He was off them. And within six months, his bowel was back to normal. He was still having a couple bowel movements a day, but he was *well*, he could go out shopping, he could go camping. That was one of the big things he wanted. He wanted to go backpacking. He hadn't done it, because he'd have to step off the trial every hour to have a bowel movement. He was able to go backpacking. And he was so excited about that. And he said, "God, you're so great," and I said, "But all I did was give your body a chance to heal itself."

BZ: And no one had really fixed his nutrition before, among other problems.

Neuenschwander: Nobody had looked at any of that. And I said, "What did we do? Well, first thing we did was we helped you detoxify. We helped you do colonics. We changed the way you ate, made sure your body got enough nutrition. We loaded up on certain elements that your body was deficient in and needed and wanted. And your body healed itself." And that's really what happened. And that's the beauty of this kind of system — you can deal with those kind of problems and get people off of their medication.

BZ: That must be very satisfying. Tell me about a case that comes to mind as the most difficult case you've had to deal with?

Neuenschwander: We have lots of difficult cases! [Long pause]. I don't know that this is the most difficult, but it certainly was a very challenging case. And this was a case of someone who had multiple environmental allergies. And by that, I mean somebody who mainly sat in a room with bare walls and a wood floor, and slept on a cotton mattress and couldn't deal with any perfumes or any odors, any food colorings, any of the things that we just deal with on a daily basis. Car fumes would set him off. He had gotten down to three or four foods – he couldn't tolerate any other foods because of his allergies, and he had become totally reclusive. This person had asked if I could see him at his house because he was afraid of the clinic. Or if I could see him outside of the clinic because he was afraid of the carpeting and stuff. But he actually managed to come in and see me. I had found a few things. I see a lot of people like this, so I sort of know which direction to go in, and had started a few things. Anything I tried on this person flared him up. The smallest dose of anything flared him up. He couldn't tolerate any of my herbs; he couldn't tolerate any of my homeopathics. It was just very very frustrating because I couldn't treat him with anything. What am I going to do? I had tried all of my things in my armamentarium and he couldn't tolerate any of them.

And what we ended up doing ultimately was doing acupuncture. But this person was so sensitive, I couldn't even use my regular acupuncture needles. He reacted to stainless steel – surgical steel. So I got gold acupuncture needles. They make them. They're really hard to use because they're too soft. Again, the first treatment I tried was my standard – I do eighteen, twenty needles, the more, the better — all of that sort of stuff. Well, of course, he got sick from it. He reacted to it. So, finally I talked him into coming in, and I did four needles. And I did a treatment called "*Four Gates* " and it allows people to release things, and he actually felt better. He came back, and I did acupuncture again, I did Four Gates, and I think I had it at one point on the top of the head. And he felt better than he had in years. Two acupuncture treatments. A total of nine needles.

At that point I was actually able to start using a homeopathic remedy, but then again, there's a homeopathic remedy for allergies, and environmental sensitivities, that he couldn't tolerate before because it was too much. The immune system has to build slowly, build itself back up. But this was after probably three months of just frustration, frustration, frustration, frustration. And it came down to four needles. Less is more sometimes. And if that hadn't worked, he couldn't have tolerated anything. He couldn't tolerate colonics, he couldn't tolerate homeopathics, he couldn't tolerate herbs. And just that little simple elegant acupuncture treatment allowed him to start releasing some of that stuff.

BZ: Interesting.

Neuenschwander: That was a hard lesson.

BZ: A difficult sort of challenge.

Neuenschwander: Yes. Very challenging to figure that out. And we do run in to walls. We bang our heads against the wall sometimes trying to figure out how to treat people. Sometimes it gets back to just listening to what they're telling you and trying to be simple rather than complicated. Balance.

BZ: Balance. Some of what you do is about helping people just come into a state of balance.

Neuenschwander: I think most of what we do is that. Sometimes I get stuck in the allopathic mode of thinking even when I'm using homeopathics. So I'll think, "OK, I'm really going to charge up their immune system, and I'm going to give them Echinacea, I'm going to give them a 1M Belladonna, and I'm just going to rev up that immune system." And people will get sick sometimes when you do that.

> "That's the thing that I always try and get people to see. There's a switch. Once you turn on that switch, you're well. It's just a matter of time for your body to catch up."

It's always been a lesson for me that frequently the way people get better the quickest is — instead of by trying to charge up something — simply by getting their system balanced, and listening to their body. And you do that by listening to their story, listen to their pulses, looking at their e-map, and then choosing what is the simplest way to balance them out. It's one of the things that — it's all you do in

Interview with James Neuenschwander, MD (continued)

acupuncture.

This lady with the cancer, all I did was balance her pulses, and that's what got her well enough to get off her medication. That's what you do with acupuncture. You balance the person's energy. By doing that, pain goes away, the cold goes away, the immune system gets stronger, the person's vitality picks up, they have more energy, you can improve fertility, there's a lot of different things you can do with that. And that's really what we try and do — balance, balance, balance, balance. You can go too far to one side or the other. You can be low in your nutrients. I think it's just as bad to be way too high in nutrients. There's lots of disease caused by excess.

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BZ: Larry Dossey writes about prayer. What are your thoughts about prayer and healing?
Neuenschwander: I think the idea of what prayer does for healing and the whole concept of healing energy is something that's always fascinated me. And I think, ultimately, regardless of how you approach health, what you do to heal invokes that power. I think the way we get well is by invoking that healing energy. Whether we get that in our systems by taking a drug or a homeopathic, or having somebody stick a needle in us, or we get a massage, or get a colonic, or praying, or meditating, it doesn't really matter. Ultimately that's what healing is all about. And I have personal experience with hands-on work. It's something that I explored quite a bit when I was learning homeopathy and first starting on my journey outside of the standard medical realm.

And I know what that power is. I've seen it in action through myself. I've seen it in action through other people. And it's an energy that healers — and again, prayer brings the same energy — that healers have a lot of this energy, they serve as great channels for this energy, but it's what allows us to get balanced out, what allows the body to heal itself. And it doesn't matter if you're praying for yourself, petitioning God or whatever for yourself, calling that power in by yourself, or having people pray over you, it brings that energy in. And I don't know if you've ever been in a situation where you've been with a healer and then had people pray over you, but it's a very powerful experience. You feel something happen. People put their hands on you and pray over you. There's something going on in your body. You can feel it happen. There's an energy that works that's very powerful. And it depends on how well your body can open up to that.

BZ: Do you have a spiritual practice or spiritual ideas that you bring into the work that you do?
Neuenschwander: I come from a background of Christianity, but in the process of living Christianity, I began meditation, and from there, actually went into what's probably a much more Eastern philosophy. I do believe in reincarnation and karma and the sacred — the divinity of all things. In fact we are all made up of the same substance. Even though I'm not God, in a sense I am. It's the spark of God; it's that Creator's energy inside me that makes me alive. And if somebody asks me to define what is the soul, to me, that is the soul. It is that divine spark of the Creator inside us that makes us alive. And it's not just inside of my body; it's inside my cells. It's not just inside my cells; it's inside the sub-atomic particles of my cells. And it's what holds all of creation together. The only difference between me and you are the barriers we place between us. We are made up of the same stuff. And ultimately all of matter is energy. It doesn't matter that we're sitting here or on the other side of the universe, we're going to be made up of the same substance. It's this pure unadulterated energy that makes up everything. That to me is what you are invoking in prayer, or what you're invoking with hands-on healing is that fundamental particle of everything.

BZ: And how do you think that belief about the universe affects what you do in your practice, or just the practice of medicine?
Neuenschwander: Again, that gets back to the idea that healing ultimately occurs on a cellular level. And I think it occurs on a sub-atomic level, if you use that same philosophy. It's the energy of healing that allows the body to heal, that allows the cells to do what they're supposed to do, and allows the body to heal. That's the part of it that I bring into the practice. I'm going to tell somebody, "It's not just about taking a bunch of herbs and homeopathics. You have to learn how to balance yourself. You have to learn how to reconnect yourself with that *energy*, with that divinity that you have. Whether that's going to church or to temple, or whatever, or whether it's sitting down in meditation or taking a walk in the woods, you have to connect yourself with that. That's what's going to heal." There's the story in *The Black Butterfly*, a book by physician Richard Moss, who led seminars to help people get in touch with themselves. I think he quit medicine to do this. His whole purpose of the seminar was to get people to become more aware of themselves. There was a brief course in self-enlightenment. And one of the exercises he would have people do is to do a nursery rhyme or something silly over and over again.

The idea was that a person would stop singing the song and actually become the song. And so he had a person there, a gal in her thirties, who had had diabetes since she was born, had neuropathy, and she had burning in her feet and had difficulty feeling things. She also had liver cancer. She had a tumor that you could actually see. And she came to the seminar. When she first got there — a very frail, thin woman — not much energy to her. And he had her doing this exercise. I think she was doing "Row, Row, Row Your Boat," or something like that, singing it over and over again. And somewhere in the course of this exercise, she became the song.

Something happened for her; something clicked. And she became the song. She became much brighter. The next day she had a lot more energy. She appeared to move much better. He talked to her briefly, and she said, "My feet feel so much better." He saw her a week later, and by that point, she said, "That's the first time I've really felt my feet in twenty years." And she had already started to cut down on her insulin, and she felt like her tumor had already shrunk. He saw her a year later, and the tumor had gone. She says she stopped seeing her doctor because he kept ordering CAT scans looking for this tumor that had disappeared. She said it took about six months; the tumor went away. And he asked her, "What happened?" What was different that allowed her to cure herself? And really, for her, what she said was that in that exercise, she, for the first time, felt alive, and really chose to be alive. And she said that she had never made that decision, that she had diabetes in the time before she was ever conscious. And she had never chosen to be alive, or to be well. And that's all she did. And in that process — she didn't do any other therapy — but in that process, she healed herself of two horrendous things that you really can't heal yourself of: liver cancer and also the peripheral neuropathy of diabetes. And all she did was make that one decision. By putting that energy into it, you realign the cells of your body. And by doing that, anything's possible.

BZ: Did you tell me at some point that you believe that there's kind of a switch in all of us?
Neuenschwander: Yeah. That's the thing that I always try and get people to see. There's a switch. Once you turn on that switch, you're well. It's just a matter of time for your body to catch up. And that's what happened with this gal. The healing occurred in an instant. The body took six months to catch up.

I think we have talked about Lourdes and the whole process of spontaneous healing. That's something that I have a lot of interest in, but again, what happens there to folks, regardless of what they come there for, whatever horrendous disease they come there for, if they're cured, it happens in an instant. It doesn't take months or years. A lot of spontaneous cures, a lot of these, the switches get turned on in the process of getting chemotherapy, or in the process of going through cleansing or a fast or other ways.

BZ: It's attributed to those things, but it's really spontaneous healing.
Neuenschwander: Exactly. They attribute it to the therapy they're getting, but really, the process is more of a spontaneous thing. And I think probably most healing is that way. And at some point, the body is balanced and stops getting sicker and becomes well. And physical processes take time to catch up.

BZ: And we all know about examples from our own lives, when we're sick at night, and then the next day, we wake up and we're well. In Andrew Weil's book, *Spontaneous Healing*, he suggested that his readers write down examples from the last five years of when their bodies have healed, so as to stimulate our recollection of the fact that we constantly encounter healing in our own bodies. And I think there's much more awareness of that. Tremendous leaps in the last fifteen years, in terms of people's awareness about their own bodies and about healing and about what constitutes that.

I was reading in *The Times* about the issue of the FDA regulation of herbs. You've got this hunger out there for natural remedies, for using herbs and foods

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"Part of what my job is, as a practitioner, is to listen to what the body is saying. It's that first philosophy of supporting the symptoms. Listen to your body. The body has greater wisdom than any physician. Listen to the body and support the body in what it's trying to do."

heal ourselves. And in a certain sense, your actice began at a time where you, as a young ctor, you're riding along with a tremendous change the consciousness of the American public in terms the millions of people now who are seeking out ternative practices and statistics are changing.

euenschwander: Well, you don't ever have to tell animal that they're deficient in Vitamin B, and they ed to go eat something that has Vitamin B in it. ney will do that naturally. In fact, a lot of our herbs ere originally used because of observations of imal behavior. Milk thistle, for instance. The ason why we know milk thistle is good for the liver that somebody — a very astute herbalist — noticed at animals that ate milk thistle were able to eat oisonous things and didn't die or get sick, whereas eir compatriots would eat the poisonous thing and come very ill. And by those kinds of observations ey learned milk thistle is a good protector against oison. And we now know that it helps the liver. It elps the detoxification functions of the liver. It's part f the natural process, because we have at least the lusion of freedom of choice.

We don't naturally say, "OK. I'm feeling ill." Vell, sometimes we do. When we feel ill, the first ing we want to do is to crawl into bed and go to leep. We know sleep has a very healing part to it. When you sleep, one of the things that happens is omething happens to your immune system. We now that when we keep rats awake, and don't let em sleep, after about four or five days, they start etting all kinds of weird skin infections, and ultiately, they die of infections. There's something bout sleep that's healing, so we naturally would want o do that. It's one of the things our body tells us to. Unfortunately our body will never say, "OK, you need o go get some Echinacea and Vitamin C for your old." We don't do that naturally, whereas an animal would.

BZ: But, sometimes you feel like you desire a certain ood, and you should respect that.

Neuenschwander: Exactly. Or if you have no ppetite, you should respect that, too. Sometimes that ing is the right thing to do. Part of what my job is, s a practitioner, is to listen to what the body is aying. It's that first philosophy of supporting the ymptoms. Listen to your body. The body has greater wisdom than any physician. Listen to the body and support the body in what it's trying to do.

BZ: Tell me about your practice. You mentioned to me that you see patients in two kinds of categories.

Neuenschwander: We see two major categories of people. One are people that have a medical problem, they've been through the establishment, they've been through the wringer, and they're sort of at the end of their rope. And they come to see us asking, "Is there something else that's there to help support me?" This is going to be any kind of disease process, whether it's migraine headaches or it's metastatic cancer.

BZ: Oftentimes, incurable kinds of illnesses?

Neuenschwander: Well, incurable from the medical point of view. By incurable, I don't necessarily mean fatal, but just incurable.

The other type of patient are the people that, for whatever reason, either don't trust medicine or they don't believe in the principles of medicine. They want it approached from a more natural point of view and are just trying to be healthier. And that's the second category. So we see people from birth into their nineties. We see all different ages, all different kinds of medical problems, and some people who are healthy and just want to stay that way.

BZ: Were there doctors in your personal history – any fathers or grandfathers?

Neuenschwander: No, I think I'm one of those karmic doctors. I've always wanted to be a doctor. I hated the doctor when I was a kid, because you go to the doctor to get a shot. That just wasn't a pleasant experience for me. Nobody in my family was a doctor, I didn't have a relationship with any of the doctors that I ever saw. And like I said, I always got anxious and didn't want to go. But I always wanted to be one, and I don't know why.

BZ: Do you like the possibility of long-term relationships with some of your patients?

Neuenschwander: Yeah. I think that's part of the healing. A hundred years ago, when you had your family doctor, and he was the person who helped you into the world and the family doctor was the person who signed your death certificate. He'd be a person that knew you inside and out. But I think that relationship is a big part of the healing.

The first time somebody comes into my office and sees me, and doesn't know me from Adam, I'm going to have a heck of a time getting them to adhere to a program, especially if it's somebody who is very leery about what we do, anyway. That same person, a few months later, after they get to know me and see what kinds of things I recommend and what kind of results I get, that same person a few months later is – there's just going to be a lot less questioning. I'll say, "I think you really need colonics," and they'll say, "OK. Great. How many do I need," because that trust is going to be there.

BZ: Well, people are also very happy to have time spent with them with a doctor. Because it's gotten to the point with many doctors where the relationships aren't there, they're being switched around because of their HMOs or their changes in insurance, they're having to pick a particular provider because of their HMO, and their appointments are very short. There's no sense that the doctor is trying to get to know the patient.

Neuenschwander: I think with most HMOs you're allotted ten minutes. That's not very much time. It's very difficult to get any kind of the undercurrent. Sometimes people come in with foot pain that is foot pain, and sometimes they come in with foot pain that is because their husband is beating them. And as a physician, you're not going to get that in ten minutes. I don't care how good you are. You may notice that there's something wrong with the person, but even for you to say, "Well, what's going on at home," you're going to blow your ten minutes. You have to be very focused on the primary symptoms. And in our clinic, most appointments take 45 minutes to an hour. And it gives you time to explore.

BZ: So, you've created your clinic to allow yourself to do that. Many doctors would say they're under too much economic pressure from too many different forces.

Neuenschwander: My answer to that is, we charge more for an office visit than most doctors do. The downside of that is that our fees are higher. You're not going to have a $20 or $35 office visit. It's going to be $85 or $90.

BZ: Where do you go to see a doctor for $25 or $35? [Laughs].

Neuenschwander: I haven't been to a doctor in a long time. The other thing that we do in my office is, a lot of time is spent with the homeopathic technician. So, you're going to create a relationship with that person as well. And the patients usually see me for fifteen to twenty minutes – something like that. That's still allows me to see three people an hour, and I can keep my head above water with that. Especially because I have other practitioners in the clinic, and that supports a lot of the clinic overhead.

BZ: But it's really a choice that you made...

Neuenschwander: Absolutely...

BZ: And you made it at a fairly young age. I don't know how old you are now?

Neuenschwander: Thirty-eight.

BZ: You're 38. So you were very young to have started your own clinic. You had a lot of confidence, in a sense, that that was the way you wanted to go. And you were going to open your own clinic, which was an interesting thing that you did.

Neuenschwander: I had worked with William Martin, and I had tried to work in his practice as well. But that didn't work out. And I think even then, there wasn't anybody that was doing this in this area. I still don't know that there's anybody doing everything that we do. And it was clear that I was going to do it myself. I certainly leaned on other people originally, but I'm glad that I did. I'm glad that we started our own clinic, because it's allowed me to do what I think is a system that works, that isn't warped by a lot of other egos. A lot of times we learn acupuncture, and then all of a sudden acupuncture will cure everything. Or we learn homeopathy, and homeopathy will cure everything. The homeopath I trained with, she'd go out and eat total garbage for dinner, and then say, "Oh, I'll just take a remedy for it." I don't think that works. I think you really do have to take care of yourself. And you do have to look at different disciplines depending on what your issues are. Sometimes you can't get to something with homeopathy

"I think I'm one of those karmic doctors. I've always wanted to be a doctor. I hated the doctor when I was a kid, because you go to the doctor to get a shot. That just wasn't a pleasant experience for me. Nobody in my family was a doctor, I didn't have a relationship with any of the doctors that I ever saw. And like I said, I always got anxious and didn't want to go. But I always wanted to be one, and I don't know why."

and you have to use acupuncture, or something else. And that's what the clinic's all about. So you don't have one ego that's just saying, "This is the way and there's nothing else."

BZ: Have you gotten to know some of the other physicians in town who are involved in alternative practices?

Neuenschwander: Yes. I know a few of them.

BZ: It seems to me that more networking amongst them would be good, in a certain sense.

Neuenschwander: I think the problem that all of us have — and it's not just alternative physicians, it's physicians in general — is time. For instance, Jay Sandweiss. The only time I ever see Jay is when we both go to the same seminar. We both go to the same conferences. So I have to travel to Arizona or California or New York or Florida to see a guy whose office is two miles from mine. It's just that we never see each other otherwise. And, yeah, it would be a great idea for us to do more networking amongst ourselves, but we don't have the time to do it. And somebody new comes in to town and tries to do that, and it tends to fall on its face, because those of us who have been here for a while are busy; we're already working 60-70 hours a week. We've got family. We've got other projects we're working on. It ends up falling down.

BZ: What do you do in your practice that some people would consider controversial?

Neuenschwander: Other than colonics, acupuncture and homeopathy? [Both laugh.] There are a few things that we do. We do chelation therapy. And we do both EDTA chelation and DMPS chelation. EDTA chelation is something we use to treat hardening of the arteries, heart disease, strokes, peripheral vascular disease, and any kind of heavy metal poisoning with maybe the exception of iron and mercury. And then DMPS is something we use specifically for mercury toxicity. A lot of people consider EDTA, especially in the mainstream of medicine, to be dangerous, ineffective, and pretty controversial. EDTA is at least FDA approved. It's a drug that's approved by the FDA, I believe, for the treatment of lead poisoning. The nice thing about the FDA is if they approve the drug for one indication, as a physician you can use it for another indication, even though it's not approved for that indication. If a drug's approved, you can use it for whatever you feel is fit to use it for. So if I thought that EDTA was an effective treatment for diarrhea, I could use it for that. Of course, I'd have to have a reason for doing it. But

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that's the nice thing about them.

DMPS is one of those drugs that's in the gray zone. It's not banned, but it's not approved by the FDA. I believe it comes from Russia, originally. It's been in use in Russia and Eastern Europe for quite some time for the treatment of mercury poisoning. It's very effective for treatment of that. But that's probably the most controversial. Everything I do in my clinic, I want to keep above board. I don't want to be doing any kind of therapy or have any substance there that's banned by the FDA or illegal or any of that sort of stuff. That's not really what I'm interested in doing. I'm not trying to be some covert, leading-edge operation. We're trying to *mainstream* these concepts. I'm not going to do that if I have things that are under the table.

BZ: In fact, I like very much what I've personally seen of your center and of your description of it, which is: you strike me as eclectic and willing to take from a variety of disciplines that which will be helpful.

J.N.: One of the things I say frequently is you don't want to throw the baby out with the bath water. Just because I practice alternative medicine doesn't mean that I'm going to turn my back on my training.

"The Voll machine is named after its inventor, Dr. Voll. And it's a way to measure energy in different meridians of the body in an indirect way. What it does is it passes a small amount of current into different very specific points on the fingers and toes and then measures the resistance the body has to that electricity. That gives us a reading that a computer records and we get patterns. And depending on the pattern, you can tell whether that point is healthy or not. And different points of the body correspond to different organs."

BZ: I've also found you very non-ideological, actually. You have beliefs about things, but I know that you don't hesitate to respond from the position of being in a service profession, in terms of getting allopathic tests, in terms of making sure that the allopathic bases are covered. Because people have been so conditioned by the medical establishment that we've all grown up around, that there's a certain level of reassurance that comes from many of those diagnostic tests. And I've never heard of you to be one who puts people in the position where they have to choose one or the other...

Neuenschwander: Right...

BZ: Which is very interesting because some of the alternative practitioners implicitly force you to choose one model or the other or don't come to see them.

Neuenschwander: That's true.

BZ: Can you talk a bit about the relationship between certain emotional imbalances and corresponding physical problems?

Neuenschwander: That's a subject you probably could write a book about. Louise Hay did write a book about it. I think a lot of our illnesses are emotionally caused, whether it's the emotion of stress, or the emotion of anger, or the emotion of grief. A good example of that is the mortality of a surviving member of a couple. It's well known that people that have been together for a long time, if one member of that couple dies, the mortality for that surviving member is in excess of 50% that first year. And that's pretty astounding. That's a worse number than for lung cancer. And it's not because that person is sick to start out with. It's simply that the grief and loss kills them. They die of a broken heart, literally. That's an extreme case, but I think many of the problems we have are emotionally oriented.

That's one of the things that we frequently talk about in my office: How are things going at work? How are things going at home? You can certainly address that homeopathically but it's also very useful to address that either in an office with a therapist or with other family members — whatever it takes to heal that. I'm not so much interested in hashing out the whys and wherefores. What I'm always interested in is how do you get well from it? If I'm going to refer somebody to therapy, that's my interest, so that they can process through whatever they need to, so they can get well. A lot of people will say, "I'm not well because I had this horrible childhood." Well, that happened, and now we need to put that behind us and move on. Very few of us had ideal childhoods.

BZ: Everyone has baggage.

Neuenschwander: We all have baggage. It's a matter of what we do with that — are we going to use that to slow us down and carry it with us, or are we going to set it down at some point and move on with our lives. It sounds a little bit cold, but it usually isn't that cold.

BZ: I think [today] there's much more understanding of the relationship of emotion to illness.

Neuenschwander: Well, we physically store our emotions. Our emotional traumatic events, we store in our body. You see this in acupuncture, you see it in chiropractic and massage, where you'll be working a point and all of a sudden a person will have a flood of emotion come out, just from that point. That's because they stored that one event in that one particular ***pocket***.. They physically stored that event in their body. And by working that point physically, we released emotion.

BZ: Are there any books about medicine that have profoundly affected you personally and/or that you highly recommend to your patients?

Neuenschwander: There's quite a few that we keep on hand. Most of the books we have on hand are books on herbs or diet. For diet, the books I recommend are *Fit for Life*, the books on the Zone Diet, and also the *Eat Right for Your Type Food Allergy Diet*. I have those on hand. In terms of the general medicine approach, there's a few books. One is a book called *The Twenty-Two Non-Negotiable Laws of Wellness*. I believe the author is Greg Anderson. This is a non-physician who had lung cancer, had it resected, it came back two years later, and they basically said, "You're going to be dead in six months. Don't buy any long-playing records. Go home." This guy was a real son-of-a-bitch, had a lot of enemies, and decided, "Well, if I've got six months to live, I'm going to make peace with my enemies. I'm going to die in peace." And he actually got up out of his hospital bed and went and saw somebody else from his office who he had problems with, and buried the hatchet with this guy, and felt better.

And he spent the next six months doing that. I guess he had a lot of hatchets to bury, because it took him longer than six months. He realized, "Well, gee, I'm still alive, and I feel very well." And that got him started on this whole path. And that was 13 or

14 years ago. He wrote a book about that.

But this particular book is beautiful because he just divides it up into the physical laws, the mental laws, and the spiritual laws of wellness. And I like it because he calls them non-negotiable laws. You've got to exercise. Sorry, you've got to do it. (They both laugh.) You have to take some time for yourself to meditate or pray or something like that. Sorry, you've got to do it. If you want to be well, it's non-negotiable. You don't want to do it, fine, but don't complain to me about not being well. It's a real basic book. I really like that book because it has a lot of wisdom in it. And it's all based on personal experience, not on somebody else's theory. I like that book.

I also like pretty much any book on healing written by Deepak Chopra. I don't agree with some of the things he says and does and people argue that he's become far too commercial, and he's merely reiterating a lot of Ayurvedic principles, but he has a way of explaining some of the most complicated spiritual ideas and concepts in a way that anyone can understand. This whole idea that we are not our thoughts, that we are the thinkers of our thoughts. I have spent years trying to get people to understand that all this jibber-jabber that's running through their minds is merely jibber-jabber. It's not them. It's like a radio station. There's a difference between a radio and what is coming out of the radio — we are the radio. We're not the noise coming out of it. That's just something we pick up. I know that from personal experience because I meditate. When you get into meditation and close your mind down, you separate yourself from your mind and you realize that's something separate from you. And he's written a lot of books about that.

Just the whole idea of *Quantum Healing*, if you can make it through that book. I thought that was an excellent book. He's written other shorter things. He had one about the spiritual laws of success. (*The Seven Spiritual Laws of Success*, available at your neighborhood bookstore.) I really like that book. Very simple, very straightforward, very profound.

BZ: How many children do you have?

Neuenschwander: Three.

BZ: Three? What ages?

Neuenschwander: One daughter, age seventeen, two sons, age thirteen and nine.

BZ: Did you say that you came from a Lutheran background?

Neuenschwander: Yes. I grew up in a Lutheran church.

BZ: Where in the United States?

Neuenschwander: In Dearborn, real close to here. I made that big move from Dearborn to Ann Arbor to come to college. I got sucked into the Ann Arbor vortex, and I've been stuck here ever since.

BZ: Yes, it happens to some of us. [Both laugh].

Neuenschwander: I don't even like Michigan, but I'm here. I really love Ann Arbor. I think it's a great town. There's a lot of opportunity here. You'd be hard pressed to find a better place to start a clinic like this.

BZ: You started it at a good time, when there weren't too many of them.

Thank you, Jim, for spending the time with me to do this interview.

Neuenschwander: Thanks, Bill.

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Endpiece

Listening To Your Body's Wisdom

by Steven Falcone

I had really done it this time. Laying face down in bed, with excruciating pain in my back and legs, I could barely move. It didn't make sense. I was only digging out a little bit of sod to expand the garden... then I dropped to my knees.

As I lay in wait for my chiropractor (God bless her for making a house call) I was unable to move. I began to recall bits of a conversation I had many years earlier with a very wise woman, but I couldn't remember it all. You know, like when you wake up from a deep sleep and can't quite remember all of a dream. Just then my chiropractor arrived. After much adjustment with what seemed like a whole bottle of essential oil, I could finally stand up without help. Well sort of.

"You've really done it this time." admonished my chiropractor. "You have severely damaged a disc, specifically the one between L4 and L5. It is very "hot" and I suspect it is herniated. If you do not allow it to heal properly, and that means absolutely no activity for the next few weeks, there may be permanent damage."

I began to protest, what about my busy schedule, my clients. What about the workshops that Kim and I had booked. There was the garden, and all of the household projects that needed to be done. And my exercise routine, I needed to lose some weight that had crept up over the winter. And my..... "Listen to what I am saying." she said. "You are at a crossroads here, and if you do not take care of this injury you may never work in your garden again!" This time I got the message, and it seemed strangely familiar to that conversation I had so long ago. The one I couldn't quite remember.

I spent the next few days between my bed and my favorite reading chair. My back hurt terribly. I knew my attitude would play a big role in my healing process. As I practiced visualization techniques, I could "see" the damaged disc. The heat and swelling caused it to expand out from between the two vertebrae that cradled it. I visualized a cold blue iceberg, cold and blue floating toward my disc. It began to cool my pain, began to put out the fire. I could "see" the swelling reduce and the disc moving into its normal position. The healing process was accelerating.

Each day I visited the cold blue iceberg. I began to look forward to the visualizing process. It was a quiet time for me to reflect on the events of the last few days. To experience the process, and to be in the now. As I continued to relax and heal, the conversation I had tried to remember became very clear.

It was many years ago, after I had gone through some major life changes. Maria, a very wise woman had "appeared" in my life and took on the role as a teacher. I would drive 90 miles once a week and spend many hours exploring metaphysical concepts. One afternoon while discussing chakra balancing techniques, Maria became very serious. "You have an important issue to deal with." she said. "And the universe has a very interesting way of helping you address these kinds of issues. You can choose to deal with it now on your own terms, or flat on your back in a hospital bed at some future time. Either way you will have to deal with it."

This floored me. After all hadn't I made major changes in my life! Wasn't I open minded to new concepts and ready to face new challenges! My ego conjured up half a dozen self righteous arguments as to why this couldn't apply to me, a chronic type A personality. Strengthened by my internal "logic" I pressed Maria for a deeper explanation of her statement. "Messages come through to us all of the time." she said. "We can choose to connect with these messages or ignore them. Sometimes sickness and injury can carry deep messages. If we have ignored the universe's past attempts to connect with us, then sickness and injury will usually get our attention." Her words intrigued and frightened me at the same time. I pressed her further, but she refused to discuss it and told me to meditate on it. That was a long time ago. Although I wasn't exactly in a hospital bed, this was close enough for me

I remembered Maria saying that as we travel on our path, the destination is important, but it is the quality of the drive that allows us to learn who we really are. I had always been focused on the destination. Just like when I dug the sod a few days earlier, and it landed me in bed, or the universe landed me in bed, or I landed myself there, or some combination of the three.

I began to understand that the "quality of the drive" represented a course that my life had not taken. I had always focused on the future rather than letting myself savor the present. What Maria had meant was "live in the present and find joy in each moment, because the present is the only time you can do anything to positively impact your life." Visualizing my healing process forced me to be in the present, gave me the opportunity to get glimpses of who I really was and helped me to trust that the outcome would take care of itself. And as I healed I listened a little closer to my body, and the messages it held for me... I'm still listening.

Steven Falcone is a Certified Hypnotherapist and Reiki Teacher who lives in Whitmore Lake.

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